

About the ...House

SELECTED RECIPES

Graham Gems.—Two cups of graham flour, one cup of white flour, one tablespoonful of sugar, one teaspoonful of soda dissolved in hot water, one pint or two cups of sour milk, a little salt. It should be stiff enough to drop from a spoon. Bake half an hour.

Corn Bread.—Two cups of cornmeal, one cup of flour, one tablespoonful of sugar, one large spoon of shortening melted in pan the bread is to be baked in, two cups of sour milk and one teaspoonful of soda. Bake half an hour in good oven.

Meat Croquettes.—Put the meat through a cutter. Any kind will do. Put your onion through with the meat; mince a bunch of parsley and season with a little red pepper and salt. If they are not well seasoned they are not good. For a quart of meat take a half cup of milk, put it on the stove, thicken with cornstarch and mix with the meat. When cool, form either into cone-shape or into round cakes. Dip into bread crumbs, then an egg; have deep boiling fat, as for doughnuts. Boil until brown. A wire sieve is good for frying. If these are made right they are splendid.

Dainty Cream Biscuit.—These biscuits are liked for luncheon or for serving with a cup of tea instead of the little crackers which are becoming tiresome. Sift two cups of flour measures after sifting with four level teaspoons of baking powder and a saltspoon of salt. Mix with one-half cup of sweet cream, and one well-beaten egg. Make up into tiny rolls or cakes, handling as little as possible, and bake in a quick oven. The cutter should not be larger round than a silver dollar.

Piquant Sauce for Cod.—A tablespoon of rue mixed with 1½ cups water, a few drops of cochineal, essence of anchovy to taste, a nip of ground mace and cayenne, together makes a fine sauce for those who indulge in the piquant. This sauce if mixed with a pan of preserved lobster, put into a mold and steamed, makes a nice dish, or if mixed with cold cod minced and warmed and then spread on toast, it is also good. The sauce ought to be as thick as good cream, to be right.

Apple Snowballs.—Pare some large, tart apples and remove the cores. Take as many squares of muslin as you have apples, spread each cloth with syrup made of sugar and water, sprinkle thickly with raw rice, and press with the hand to make the rice adhere to the cloth. Now put an apple on each cloth, fill the cavity of each apple with rice and syrup, tie the cloth firmly around the apple and boil one hour. Serve cold with cream and sugar.

Imperial Cream.—Scald one quart of cream or rich milk in a double boiler with the thin yellow peel of a lemon. Stir in a cup of granulated sugar and when dissolved remove from the fire and stir until nearly cold. Put the strained juice of three lemons into a glass dish and when the cream is cold put it into a pitcher and pour into the lemon juice,

holding the pitcher as high as possible and moving it about to mix the cream thoroughly through the lemon juice.

Burnt Cream.—Put a pint of cream in a double boiler and scald with half a lemon peel and a stick of cinnamon. Beat the yolks of four eggs with one and one-half ounce of granulated sugar. Strain the hot cream over this, stirring until it is well blended, then pour back into the double boiler and stir and cook until it thickens to a smooth cream, then remove from the fire and stir until nearly cold; turn into a pudding dish and when entirely cold straw the top with crushed loaf sugar and brown a rich caramel either using a salamander for the purpose or placing it in the lower oven of a gas stove.

Alhambra Cream.—Soak an ounce of gelatine in half a pint of water flavored with rose or orange flower water. Beat the yolks of four eggs until very light. Scald a pint of cream or rich milk in a double boiler, add half a cup of sugar and the gelatine dissolved over hot water; then add the beaten eggs and stir a few minutes to cook the eggs. Then remove from the fire and pour into a plain oblong mold and set on ice to harden. When stiff turn out and cut into slices and arrange on a shallow glass dish and place half a canned peach or apricot on top of each slice, pour over it a little of the fruit syrup, and then mask the whole with whipped cream and serve very cold.

Ginger Cream.—Put three cups of rich milk, or part milk and part cream in a double boiler; add two ounces of powdered sugar, one ounce of dissolved gelatine, and the well-beaten yolks of six eggs. Stir over the fire until of a smooth creamy consistency, then remove from the fire and stir in five ounces of preserved ginger chopped fine and three tablespoonfuls of the ginger syrup. Pour into a basin and set on ice to cool. As it chills beat with an egg, whip for about twenty minutes and then pour into a glass dish or into a mould decorated with candied cherries and pineapple. Serve with whipped cream.

USEFUL HINTS.

To keep milk from boiling over put a teaspoon in it when it rises. A little salt placed in the reservoir of a lamp will make the flame steady and clear.

When window cords do not run smoothly rub them with a small quantity of soft soap—that side next the pulley.

Always make starch with soapy water, which will give a better gloss to the linen and prevent the irons from sticking.

When washing silk add a tablespoonful of methylated spirit to each gallon of rinsing water, and the silk will look bright and new.

The best way to clean bamboo furniture is to wash it well in warm water containing a gill of salt to each quart. This will preserve the color.

Silk stockings, colored or black, should never be washed with soap. Warm bran water should be used and the stockings should be squeezed, not wrung, and dried in the shade.

After washing tiles wipe them over with paraffin, and they will keep longer clean than if washed with soap and water.

Milk will rarely prove indigestible if it is sipped slowly. When swallowed hastily it forms a solid mass in the stomach, thus causing indigestion.

An easy way to clean lamp chimneys is to hold them for a moment in the steam from the boiling kettle, rub dry with a clean cloth, and polish with a soft newspaper.

Nearly all the corns, bunions, incurvation of nails, etc., which are peculiar to civilization, being unknown pedal troubles in savage or barbarian life, are traceable to high heels.

When you buy new table linen be sure and erase the lead pencil price marks that may be on it before it is laundered. These marks are hard to remove after the cloth has been wet.

It is not generally known that wringing out a cloth in hot water and wiping the furniture before putting a furniture cream, will result in a very high polish, that will not finger mark.

To stop bleeding at the nose wash the temples, nose and neck with vinegar. Or snuff up the nose vinegar and water. To prevent this complaint eat a great many raisins, and drink much whey every morning, or do both.

The great secret of keeping our clothes in good order is to mend or patch them at once, when they require it, and it is a most important detail that a garment should be repaired with material similar in kind, quality and color to that which it is made.

In making peppermint drops, pound and sift four ounces of the best and finest white sugar—that which is used for icing—beat it with the whites of two eggs till perfectly smooth; then add sixty drops of the oil of peppermint; beat it well, and drop on white paper and dry at a distance from the fire.

Broken china may be mended by brushing the edges with white lead, such as painters use; press the pieces together and tie them in place, then leave them two or three days until thoroughly dry. The dish can be broken as easily anywhere else as at the old break.

The feet of children should receive

the most careful attention, for neglect at that time may lay the foundation for many future ills. Since the feet of a child are in process of development the bones and ligaments are soft and pliable, and will conform to a bad as well as to a properly shaped shoe.

Ostrich tips can be freshened by holding them in the steam from a boiling kettle for a few minutes; this freshens them, absorbs the dust and restores the color. They should be well shaken the whole time; then, still shaking, hold them either in the sun or before a fire till they are quite dry. The curling is best done either with a stiff piece of whalebone or a silver knife.

SCIATICA CURED.

ANOTHER TRIUMPH FOR DR. WILLIAMS' PINK PILLS.

Mr. Etsell, of Walkerton, Suffered For Months and Got no Relief Until He Began the Use of These Pills.

Of the many employees of R. Trux & Co., Walkerton, Ont., none stands higher in the confidence of his employers than does Mr. Thos. J. Etsell. He is an excellent mechanic, and has been in the employ of this firm for upwards of ten years. But although Mr. Etsell now ranks among the few men who are never absent from their post of duty, the time was when he was as often absent as present, all because of physical inability to perform his work. For years Mr. Etsell was a great sufferer from sciatica, and at times the suffering became so intense that for days he was unable to leave the house.

During these years, Mr. Etsell, as may readily be imagined, was continually on the lookout for some remedy that would rid him of the disease, but for a long time without success. Doctors were consulted and although he took the treatment prescribed, it did not help him. Then he tried electric treatment, but this also failed to give relief, and in despair he had about made up his mind that his case was hopeless and that he would be a suffering, helpless cripple to the end of his days. Then one day a neighbor advised him to try Dr. Williams' Pink Pills. At first he refused, believing they would prove like other medicines, but the neighbor was so insistent, having himself been greatly benefited by these pills, so that at last he consented. The remainder of the story may best be told in his own words.

"When I began taking these pills," said Mr. Etsell to a reporter of the Telescope, "I had been off work for three months. The cords of my right leg were all drawn up, and I could only limp about with the aid of my stick. The pain I suffered was terrible. I could not sleep at all during the night, and I was in misery both night and day. At first I thought the pills were doing me no good but after I had taken six boxes I fancied I was feeling better, and was encouraged to continue the treatment. After that I got better every day, and by the time I had taken about fifteen boxes every vestige of pain had disappeared. For over a year," continued Mr. Etsell, "I have not had a twinge of pain, and although I am forty years of age I feel as well as when I was twenty. Pink Pills cured me, and I have no hesitation in announcing them the best medicine in the world for sciatica."

The cure of Mr. Etsell proves that Dr. Williams' Pink Pills are not an ordinary medicine, and that their power to cure in all troubles of the blood or nerves places them beyond all other medicines. You can get these pills from any medicine dealer or direct by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont. See that the full name "Dr. Williams' Pink Pills for Pale People" is printed on the wrapper around every box.

WIDOWERS IN DEMAND.

An ingenious calculation in the English Registrar-General's annual report for 1902, shows that as between a bachelor and widower of the same age—whatever that age may be—it is more likely that the widower will marry than that the bachelor will marry. But as between a bachelor and a widower selected without regard to age it is less likely that the widower will marry than that the bachelor will marry, because it is probable that the widower is several years the older. Of the 523,500 persons who married in 1902, 479 were divorced persons. Forty-seven per cent of the wives were under age. Of the men 91 per cent, 1,000 were widowers, and 68 per cent of the women were widows.

SMART BOY.

A boy who was looking for something to do, when walking down a street noticed the following sign hanging outside a shop: "Boy wanted." He picked up the sign and entered the shop. The proprietor met him. "What do you bring that sign in here for?" asked the proprietor. "You won't need it any more," said the lad cheerfully. "I'm going to take the job!"

Which Will You Take

artificially colored and adulterated Japan tea, or

"SALADA"

CEYLON NATURAL GREEN tea which is absolutely "Pure" and delicious. It is sold in the same form as "SALADA" Black tea in sealed lead packets. 25c and 40c per lb. By all grocers.

BOMBS EATEN EVERY DAY

EXPLOSIVES YOU FIND IN YOUR FOOD.

Dangerous Sweets Which Parisian Confectioners Sell to the Public.

Much stir has recently been created in the newspapers by the statement that, in future, confectioners will not be allowed to sell the popular sweetmeats known as chocolate liquors without a license, as they contain alcohol.

This is true concerning most of them, but it is only a part of the truth with regard to the Parisian confections known as "Angels' tears." These are, it is regrettable to say, largely sought after by a certain section of fashionable society, and they are filled with a coarse spirit of enormous strength, the nature of which is masked by the casing of sweetstuff by which it is surrounded.

So volatile is this spirit that if one of the sweets is held, by means of a pair of sugar-tongs, in the flame of a lighted candle for a few seconds, it explodes with a loud report, just like a miniature bomb. One silly young girl had her mouth badly blistered the other week through holding one of these liquors between her teeth for some time, in play, before biting it. The heat of her breath evaporated the spirit, and the sweet blew up.

Epicures say that there is only one way of properly enjoying a meal of skate, and that is to hang it until the fish begins to turn black. This is a dangerous dish, however, for when the skate begins to decompose in this way various compound gases of ammonia are generated, of a

HIGHLY EXPLOSIVE NATURE.

A piece of skate in this "gamey" condition has been placed in a closed glass vessel, through which an electric wire passed. After the gas had been allowed to accumulate for a short time, the current was switched on, with the result that the glass vessel was blown to the other side of the table upon which the experiment was being conducted.

It is easy, therefore, to imagine the highly explosive nature of the human body after a hearty feed of skate. "It is difficult to imagine," says Professor Watney Holmes, "what would happen to a person who had just partaken of such a meal, and then accidentally came into immediate contact with a live electric wire."

In these days of chemical manures, we often consume a lot of explosive when we eat a cabbage. Ground, the nature of which requires it to be fertilized with nitrate of potash, yields some of this up to the plant in the course of growth, and so it reaches the interior of the body.

In fact, a man who has cleaned his teeth with charcoal, taken sulphur tablets for his complexion, and then eaten a chemically fed cabbage, has simply set up a gunpowder factory inside himself on a small scale. There is no cause for alarm though, as he is

NOT LIKELY TO "GO OFF." Many people have manufactured nitro-glycerine, that most deadly of

explosives, within themselves without knowing it. A tablespoonful of glycerine is an almost universal remedy for a sore throat, and if a bottle of lemonade is drunk shortly afterwards, all the component materials of nitro-glycerine are present in most cases, for a good deal of the cheap, so-called bottled lemonade is acidulated with nitric acid, and not, as the manufacturers would have us believe, the juice of fresh lemons. Hence, when the glycerine and the nitric acid meet within the confines of "Little Mary," the operation is complete, and the thirsty individual is a bomb for the time being; though, of course, he is not aware of the fact, which, perhaps, is as well.

Over-ripe fruit, improperly tinned lobster and salmon, bread made with inferior yeast, and even the bloater and kipper beyond of the masses, all contain explosives; yet tons of them are eaten with relish every day of the week by hundreds of thousands of people.

A WISE PRECAUTION.

No matter whether the baby is sick or well, Baby's Own Tablets should always be in the house. They not only cure infantile disorders, but they prevent them, and should be used whenever the little ones show the slightest signs of illness. No other medicine is so enthusiastically spoken of by mothers—no other medicine has done so much to make little ones healthy and good natured. Mrs. Albert Luddington, St. Mary's River, N.S., says: "I do not believe my baby would have been alive to-day had it not been for Baby's Own Tablets. Since using them he is growing nicely, is good natured and is getting fat." Good for the new born baby or growing child—and above all absolutely safe. You can get Baby's Own Tablets from your druggist or by mail at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

LAZIEST MAN ON RECORD.

Smith—"Brown is the laziest man on record."

Jones—"How so?" Smith—"When his wife asks him to water her flower bed he throws a bucket of water on his Newfoundland dog and then has him stand in the middle of the flower bed and shake himself."

"Woman overworked? Fudge! Think of the men!" "Ah, but you know the old saying, 'Woman's work is never done.'" "I know it, and that's the reason she oughtn't to complain. A man has to do his work or lose his job."

THEY WEREN'T SUITED.

"When I came of age," said Mr. Softleigh, "I promised mother that I'd never marry until I found the right girl."

"Indeed!" exclaimed Miss Sharpe. "Yes, and—er—you're the right girl."

"That's too bad, for you're the wrong man."

The Kidneys Are Delicate

Easily Affected by Changes of the Temperature.

Dr. Chase's Kidney-Liver Pills

Not even are the lungs more susceptible to the effect of cold drafts, of overheating, of dampness or cold than the kidneys.

This accounts for workmen so frequently becoming victims of painful and deadly kidney diseases.

Pains in the back are usually the first note of warning. Then there is frequent and painful or smarting urination, headache and derangements of the digestive system and bowels.

IF YOU WOULD PREVENT BRIGHT'S DISEASE AND OTHER DEADLY FORMS OF KIDNEY DISEASE YOU MUST ACT QUICKLY.

To be certain of immediately arresting disease and bringing about thorough cure, you must use Dr. Chase's Kidney-Liver Pills, which so many times have proven their superiority as a treatment for the most serious diseases of the kidneys.

By acting on the liver and bowels as well as on the kidneys, Dr. Chase's Kidney-Liver Pills effect a thorough cleansing of the whole filtering and excretory systems and en-

tirely rid the body of all poisonous waste matter.

MR. ELLIS GALLANT, Paquetville, N. B., writes:—"About four months ago I found my condition so serious that I had to leave work. I could not sleep nights, my appetite was very poor and my kidneys were so affected that I could hardly walk on account of backache."

"I resolved to try Dr. Chase's Kidney-Liver Pills and Backache Plaster. After three weeks' time, I am glad to say, I was able to resume work and now feel as well as I ever did. I therefore say that Dr. Chase's remedies are excellent family medicines."

Dr. Chase's Kidney-Liver Pills are so thorough and far-reaching in their influence on the kidneys as to thoroughly eradicate the most serious disease. One pill a dose, 25 cents a box, at all dealers, or Edmanson, Bates & Co., Toronto. The portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.

SCROFULA

Scrofula may be described as "scattered consumption."

To cure it take Scott's Emulsion.

Scrofula is consumption of the small glands under the skin, and these break out into sores. Scott's Emulsion heals these sores.

But there's more to the story. The loss of flesh and great weakness that comes with Scrofula is a regular part of the disease—the same as in consumption of the lungs. For this as for the sores, Scott's Emulsion is just the remedy.

Flesh and strength are gained by the use of Scott's Emulsion quicker than in any other way.

Scrofulous children improve in every way on Scott's Emulsion.

Send for Free Sample. SCOTT & BOWNE, Chemists, Toronto, Ont.