

About the ...House

SELECTED RECIPES.

Sheet Cake.—One egg, one cup of sugar, two cups of butter or lard, one-half cup of milk, two cups of flour, two teaspoonfuls of baking powder. Cream sugar, butter and egg mixing in milk and flour alternately until used up; beat in the baking powder. Bake in shallow pan. When cold divide into two sheets by cutting through with a long, sharp knife and fill with the following filling: Boil, constantly stirring until spongy, one cup of sugar, two cups of butter, yolks of two eggs, grated rinds and juice of two lemons. When cold spread on lower sheet, replace upper and ice with the two whites beaten stiff, four tablespoonfuls of sugar added, flavored to taste. Place in oven a moment to harden.

Fried Bread.—Slice stale bread in rather thick slices. Beat up two eggs with three tablespoonfuls of sugar and one pint of milk and lay the bread in until well soaked. Then fry in hot lard.

Boiled Icing for Cakes.—Two cups of granulated sugar, one of water. Whites of two eggs. Boil in a saucepan until the syrup hardens when dropped in ice water. Beat the whites of the eggs to a stiff froth and pour a little at a time of the hot syrup in, beating steadily all the time. After all the syrup has been poured in beat a few drops of vanilla in. Spread on the cake at once. Care must be taken that the syrup is boiled to just the right point. If it cooks too long the icing will be stiff and dry; if not long enough it will sink into the cake.

Sponge Drops.—Beat to a froth three eggs and one cup of sugar. Stir into this one heaping cup of sifted flour, in which two teaspoonfuls of baking powder have been mixed. Butter tin sheets with washed butter (free from salt) and drop in teaspoonfuls three inches apart. Bake in a quick oven. Flavor with vanilla.

Soup Made from Turkey Bones.—Put the bones in a boiler with about two quarts of water, and boil until all the substance is out of them, and then take them out. Add to the soup one tablespoonful of rice, one or two stalks of celery (chopped fine), chopped onion and pepper to taste. This makes a delicious rich soup out of a part that is usually thrown away.

Braised Beef.—The toughest, cheapest steak can be made into a most appetizing dish if braised. Salt and pepper it, and put it in a little boiler, just covering it with water, and set on the back of the stove, letting it simmer slowly for two or three hours. By that time the thick, tough steak will be cooked into the tenderest of meat, and the water cooked down into a thick gravy.

Prune Cornstarch.—Soak the prunes over night, and boil them until just tender. Then make cornstarch of two eggs, three tablespoonfuls of cornstarch. Put the milk on in a double boiler and bring to a boil. Beat the eggs and sugar and add to them the cornstarch thinned with a little milk. Then add to the milk, stir until it thickens, and take from the fire, adding a little vanilla and

A Stubborn Cold or Bronchitis

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When you awake in the night choked up and coughing hard, take a dose of the Emulsion, and you will get immediate relief when no cough medicine will help you. It has a soothing and healing effect upon the throat and bronchial tubes. Most people know

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the prunes, chopped into small bits. Stir well and pour out to cool.

Hunters' Pudding.—One cup of suet, chopped fine; one cup of molasses, one cup of milk, three cups of flour, three level teaspoonfuls of baking powder, one-half teaspoon each of cloves, mace and allspice, one teaspoonful of cinnamon, one-half cup of raisins, chopped fine; one-half cup of citron, chopped fine. Mix in order given. Steam three hours. Eat with lemon sauce.

"Old Reliable" Cake Mixture.—Two eggs, one cup of sugar, two-thirds of a cup of milk, butter the size of an egg, two teaspoonfuls of cream of tartar, one teaspoonful of soda, one teaspoonful of flavoring, salt, flour to make stiff batter. Cream sugar and butter together, add eggs (which must have been well beaten), then the milk; sift in cream tartar, soda and salt, with flour, and add flavoring. This mixture may be, in turn, marble, chocolate, currant, harlequin or layer cake, according as you color, flavor and divide it.

Cabbage à la Creole.—Chop fine one head of cabbage, two onions, two green peppers, one bunch of celery. Leave in salt water over night. Then drain. Boil enough vinegar to cover, add a little sugar, put into jars and seal.

HINTS FOR HOME LIFE.

Save fat from soup, as when melted down into dripping it is useful for basting meat or frying vegetables.

Brushing makes the hair shine and borax baths make it fluffy. Do not use borax too often or it will bleach and rot the hair.

When peeling lemons for flavoring be careful never to cut any of the white skin, as it has a very bitter taste.

Lemon rind steeped in the water in which you bathe is not only refreshing, but of actual benefit to the skin, as it forms a splendid tonic.

Salt is an old-fashioned disinfectant, popular in our grandmother's day. It has the advantage of being non-odoriferous. It is capital for sprinkling about drains.

Few things are more soothing for burns or scalds than the white of an egg poured over the injured place. It is more cooling than sweet oil and cotton.

Long skirts prove more becoming than short ones to little women. This stands to reason, for anything like a trailed dress gives dignity to its wearer.

Oil marks on wall paper may be removed by applying a paste made of pipeclay and cold water. Leave on all night and brush off in the morning. A second application may be necessary.

To remove red ink stains, moisten the spots with strong alcohol acidulated with nitric acid. It is always desirable to make a blank experiment first, as all materials will not take the same treatment.

How do the persons who so fear night air that they sleep in rooms with tightly closed windows expect to live should there be an escape of gas while they slumber? They do not give themselves one chance out of a hundred for their lives.

Very few people know of the efficacy of starch for toilet use. This is especially useful for sore feet. First wash the toes with tepid water, but do not soak them; wipe quite dry, and then dust with starch crushed to a powder.

Scrub the inside of the teapot with fine salt and then rinse it with boiling water. Tea will not be good unless the inside of the pot is kept bright and clean. After use the leaves should be taken out immediately and the pot wiped quite dry.

Two ways of removing iron mould from linen—Rub the spot with a little powdered oxalic acid and warm water. Let this remain to soak for a few moments and then rinse in clean water. Wash the spots in a strong solution of cream of tartar and water. Repeat if necessary and dry in the sun.

To clean piano keys—Dissolve half an ounce of fine white wax, shredded small, with turpentine by heat, till it become of the consistency of cream. Apply a small quantity of this to the keys with a flannel, and polish by rubbing well with soft rags. Leave the piano open for several hours each week and the keys will not turn yellow.

Lemon juice and sugar, thickly mixed, will remove hoarseness and cure sore throats. Lemons may be kept fresh for weeks by covering them daily with fresh water. A little lemon juice in a spoon, then a dose of castor oil, and a little more lemon juice over the oil, will mask the disagreeable taste.

A temperance ginger wine is made as follows:—Pour five quarts of boiling water on to two pounds of loaf sugar and three-quarters of an ounce of tartaric acid. When cold, add two drachms of essence of ginger, two drachms of essence of capsicum; color with a little burnt sugar and strain through muslin and bottle.

The nervous housewife, who lives in constant dread of fire may, with very little trouble, make an extinguisher that will put out a blaze if used at once. All she needs to do is to put three pounds of salt in a gallon of water, and to this add one and a half pounds of sal ammoniac. This liquid should be bottled, and when the fire is discovered it should be poured on it.

Cut one pound of dressed tripe into square pieces and simmer very gently for two hours in one pint of milk and half a pint of water. Take out the tripe and place on a hot dish, thicken the milk with flour, stir while it boils for a few moments,

add half a pound of onions, previously boiled and chopped finely. Let all cook together for a quarter of an hour, add a good seasoning of pepper and salt and serve very hot.

For simple Scotch haggis take a penny worth of liver, some of suet, one small onion, oatmeal, pepper and salt. Parboil the liver for half an hour; when cold grate it down: add the suet shredded fine, also the onion; pour in a teacupful of the water in which the liver was boiled, add pepper and salt and as much oatmeal as will make it nice and firm; mix all well together, tie in a floured cloth, plunge into boiling water and boil for an hour and a half or more. This with a dish of mashed potatoes, makes a nice dinner for the bairns.

THE DANGER OF ANAEMIA.

Its Victims Are Defenceless When Disease Strikes—The Blood Should Be Kept Rich and Pure.

Anaemic people—people with watery blood—are without defense when disease threatens. The strongest weapon against disease is a plentiful supply of rich, red blood. A robust person may catch cold, but quickly throws it off. But a cold lingers with the anaemic one, goes to the chest and the first signs of consumption appear. It is the anaemic one who suffers from headaches and dizziness, who cannot climb a stair without resting, whose heart flutters and palpitates wildly at the least exertion. Such people can only be saved by a new supply of rich, red blood, and Dr. Williams' Pink Pills is the only medicine that actually makes rich, red blood with every dose. Ordinary medicines only touch the symptoms of disease—Dr. Williams' Pink Pills go right straight to the root of the trouble and drive it out. That is why these pills have a larger sale than any other medicine in the world, and that is why thousands and thousands of people praise them so highly. Miss Florence G. Marryett, Chester, N. S., says:—

"I have used Dr. Williams' Pink Pills for several months and I am happy to say they have restored me to health after all other means had failed. I was suffering from anaemia in its most severe form. The least exertion would leave me breathless and worn out, I had no appetite and suffered greatly with nervous headaches. I was pale and seemed to be going into a decline. I had medical attendance but it did me no good. Then a friend advised me to try Dr. Williams' Pink Pills and in a few weeks I found they were helping me. I continued their use for several months, and am again enjoying good health. I think Dr. Williams' Pink Pills will make every weak and ailing girl strong and healthy."

You can get these pills from any dealer in medicine but you should be careful to see that the full name "Dr. Williams' Pink Pills for Pale People" is on the wrapper around each box. If in doubt write the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be sent at 50c a box or six boxes for \$2.50.

ARE MORAL LUNATICS.

New Method Suggested for Treatment of Criminals.

Of the two greatest criminals I ever knew, said Sir Robert Anderson, lecturing on the British criminal system at the London Institute, one was the son of a clergyman, a great linguist, in every way a most accomplished and remarkable man. His enterprise and address alone would have made his fortune in honest pursuits.

When Mme Patti first went to America this man boarded the ship with the Customs officials, and persuaded Mme Patti in the best of Italian that he had been deputed to welcome her. When the reception committee arrived he made the introductions.

The man who stole the famous picture of the Duchess of Devonshire from Agnew's was the other great criminal to whom Sir Robert referred. He was a familiar figure in Piccadilly and west-end drawing rooms, drove a pair and kept a steam yacht in the Mediterranean. He stole £95,000 worth of diamonds in South Africa, and sold them to their owners in Hatton Garden.

In the case of such men as these, professional criminals, men with brains, who practised crime because it paid, Sir Robert urged that our system of punishment was stupid and futile. To sentence a professional criminal to a term of penal servitude had the effect not of reforming or deterring him, but of making him "more careful next time." At the present moment, whilst "ordinary" or "accidental" crime is on the decrease, "professional" crime is on the increase.

Sir Robert's proposal is that the man who sets himself to live by crime should be treated as a moral lunatic. He should be liable to a separate charge of being a professional criminal, and if the charge were made out should be sentenced to be detained during his Majesty's pleasure. After serving a term of imprisonment, he should be removed to a criminal lunatic asylum, and there made to work for his living.

The Whitechapel murderer, known as "Jack the Ripper," was, said Sir Robert, undoubtedly insane, and was ultimately confined within an asylum.

Strawberries come and strawberries go, but prunes go on forever.

MAKING CONVERTS by LEAPS AND BOUNDS

"SALADA"

Ceylon Natural Green tea by its absolute purity and delicious flavor is displacing Japan tea just as "SALADA" black is displacing all other black teas. Sealed lead packets only. 25c and 40c per lb. By all grocers.

IN THE NEGRO REPUBLIC

LIBERIA IS STEADILY FORGING AHEAD.

Sir Harry Johnston Is Satisfied With Its People and Prospects.

Sir Harry Johnston has just returned to England from a visit to Liberia, where he says British trade interests are considerable.

Dealing with the influence of the Americo-Liberians in the country, Sir Henry said:—

"Liberia was first conceived of in America as a solution of the problem where to repatriate freed slaves."

"The settlers originally came mainly from the United States, but afterwards there set in a certain stream of West Indian immigration, which has resulted in the establishment of a good many families of West Indian negro descent in this country, and from this rather superior negro stock have arisen not a few notable men, such as the Hon. Arthur Barclay, the actual President of the Republic, who was born in the British island of Barbadoes."

TWO AMERICAN NEGROES.

"From an informal census which I have been compiling out of all the information I can collect, I do not think that the actual number of Americo-Liberians in this republic much exceeds 12,000; but their influence over the tribes of the interior is steadily increasing, and is being continually directed towards the opening up of trade and the maintenance of peace."

"On the other hand, the indigenous negro population of the republic cannot be much less than two millions. Some estimates place it at 2,150,000; others, however, reduce it as low as 1,800,000. About 300,000 out of this total belong to the fine Mandingo type, who are remarkable for their sobriety, intelligence, and stalwart physical development."

IS A RICH COUNTRY.

"For myself, I can only repeat with emphasis that I found the Americo-Liberians a people most easy to get on with—polite, quiet, and in some instances well educated, and well acquainted with all that was going on in the great world beyond."

"With regard to commercial prospects, there is a great future before the rubber trade of Liberia, as the whole country is one great rubber-producing forest. Coffee, palm, oil, cocoa, and cotton are becoming staple products. Gold has been discovered and some iron."

"The climate is distinctly pleasanter than that of the regions immediately to the north and south. It also seems to be a healthier country for Europeans than other parts of West Africa. One point I should like to lay stress on is the remarkable absence of insect pests. There are practically no mosquitoes, and the white ant is absent or very scarce."

DEMAND FOR GRAMOPHONES.

Sir Harry has brought back with him many photographs of native types, of forest scenery, and vegetation; a number of sketches in color; and thirty phonograph records of

native speech, song and music. He has completed studies by him in 1888 of the principal languages spoken in Liberia.

According to him, the most popular article of trade on the Liberian coast at the present time is the gramophone. Every well-to-do native possesses one or is expecting one to arrive, and one of the first enquiries made as to each fresh steamer's arrival is, "Has she brought out any new records?"

At the beginning of the present year the Liberian Republic, having settled the frontier question with England, was anxious to have its northern and eastern boundary fixed by accord with France on the terms of the 1892 treaty. But a hitch has occurred owing to the desire of the colonial party in France to make use of this local delimitation of the frontier for the diminution of Liberian territory.

A HAUNTED RECTORY.

Ghost Has Frequented a Cheshire House for 400 Years.

For several centuries there has been a tradition in Cheddle, a village in Cheshire, England, that the rectory is haunted, and, according to the Rev. F. A. Macdonald, the present rector, weird noises have been heard from time to time, for which there is no possible explanation, except by the admission of the presence of the supernatural.

According to the legend which the rector believes to be true, the disquieted spirit is that of the Abbess of Godstow, who, when expelled from her nunnery near Oxford by Henry VIII., went with her nuns to Cheddle Rectory. She made many unsuccessful attempts to obtain permission to return, and a letter written by her to Thomas Cromwell, Earl of Essex, is still extant. Her appeals were in vain, and in 1559 she died of a broken heart, and was buried in the chancel of the church, which she had built three years previously.

The rector, during his twenty-one years' incumbency, has not himself been favored with a visitation, but members of his family and his domestics have heard the rustling of a silk gown and other sounds consistent with the dignity and gentleness of an abbess. Whenever the spectre has been seen it has usually been on the eve of All Hallows' Day.

The story, however, does not rest on such slender evidence alone. During the time that the living was held by the present rector's brother, the maid of a lady visitor from London saw the apparition several times. In form it was that of a lady attired in black, and the first occasion she saw it was while waiting for her mistress to come upstairs to bed. The door of the room was open and the light revealed a figure standing on the landing which, however, vanished on the maid, who thought it another servant, opening a conversation.

On another occasion, while in her mistress's bedroom, the spirit of a man in his shirt sleeves roamed into the apartments, and having adjusted his necktie before the looking-glass, retired without parley.

Thorough in Action

On the Digestive and Excretory Systems.

Dr. Chase's Kidney-Liver Pills

Are Lastingly Beneficial—Removing the Cause of Disease.

The symptoms of dyspepsia, biliousness, liver complaint, kidney disease and rheumatism point to the presence of poisonous matter in the system.

The first thing Dr. Chase's Kidney-Liver Pills do is to thoroughly cleanse the system of this waste matter by causing free action of the kidneys, liver and bowels.

This result is not brought about in a harsh and irritating way, but is naturally and thoroughly accomplished.

The flow of bile from the liver aids digestion and ensures continued regular action of the bowels; the free action of the kidneys removes the uric acid, which would otherwise cause rheumatism or stone in the bladder.

Digestion, assimilation and the removal of waste matter are carried out without pain or discomfort, and there is no foothold for contagious or other disease.

There is no other preparation possessing this unique and combined ac-

tion, and none which can possibly reach such complicated diseases as Dr. Chase's Kidney-Liver Pills.

Mr. C. F. Immel, shoemaker, Western Hill, St. Catharines, Ont., states: "I have used Dr. Chase's Kidney-Liver Pills regularly for some time and consider that they are unsurpassed for torpid liver, defective circulation, indigestion, headache and constipation, as these were my troubles. I used many remedies, but got no relief until I tried Dr. Chase's Kidney-Liver Pills, and a few boxes of this preparation have entirely cured me. I am not in the habit of endorsing any medicine, but in this case I cannot speak too highly in praise of Dr. Chase's Pills for what they have done for me."

Dr. Chase's Kidney-Liver Pills, 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.