

## About the ...House

### SELECTED RECIPES.

**Scalloped Cabbage.**—Cut a small cabbage into quarters and boil tender in hot, salted water. When perfectly cold, chop and season with pepper and a little butter. Beat up a raw egg and stir into it. Moisten well with liquor from the beef pot. Turn the mixture into a greased bake dish and cover with fine bread crumbs. Wet these with pat liquor and bake, covered, half an hour; then brown. The time required to transform the homely fare of corned beef and cabbage into a dinner to which no man need be ashamed to invite his most honored guest will not exceed the season usually given to cooking the plainer dish by forty-five minutes. Perhaps half an hour would suffice.

**Fried Celery.**—Scrape, wash and cut the stalks into pieces four or five inches long. Cook tender in boiling salted water. Drain and spread out to dry and stiffen in a cold place. When firm, dip into a batter made of half a cupful of flour, sifted twice, with a saltspoonful of baking powder and the same of salt, and wet up with a beaten egg and enough milk to make the batter manageable. Fry to a pale brown in hot butter. Dish and serve with sauce piquante.

**Scalloped Cabbage with Cheese.**—Boil the cabbage in two waters, drain and chop fine. Make a white sauce of one tablespoonful of flour stirred into two of bubbling hot butter thinned with a cupful of hot milk and seasoned with cayenne and salt, with a pinch of nutmeg. Rub a bake dish with garlic and butter it, spread a layer of cabbage on the bottom, squeeze over it a little lemon juice and less of onion juice, cover with the white sauce and this with grated cheese. Fill the dish in this order and put over all fine bread crumbs dotted with butter and sprinkled lightly with cayenne. Bake covered half an hour and brown. Serve in the bake dish.

### HINTS FOR THE HOME.

When cooking onions set a tin cup of vinegar on the stove, and let it boil, and no disagreeable odor will be noticed in the room.

Before broiling a steak give it a dust with salt and pepper, and brush it over with a little good salad oil. A little salt thrown on the coal will often clear the fire if you are in a hurry.

**A Good Mouth-wash.**—Tincture of myrrh should be used frequently as a mouth-wash: it helps greatly to harden the gums and sweeten the breath besides keeping the teeth healthy. The mouth-wash should always be used at night and again in the morning.

To remove ironmould squeeze some lemon-juice on the spots, then rub well with salt for a few minutes, then put on a layer of salt and leave it. The spots will disappear, and the linen should be rinsed in clear water before soaping.

To Roll an Umbrella.—Hold the handle with the right hand, and with the left begin to roll it from the top and work down to the handle, turning with the right hand at the handle. Hold the folds of the

## THIN PEOPLE

Food is not all that thin people need. Maybe they're sick. You can't make them eat by bringing them food. But Scott's Emulsion can make them eat. That Emulsion gives a man appetite and feeds him both. It brings back lost flesh.

No trouble about digestion. The weakest stomach can digest

## Scott's Emulsion.

It tastes good, too. Scott's Emulsion paves the way for other food. When wasted and weakened by long illness it gives strength and appetite that ordinary food cannot give. Not only food—medicine too—Scott's Emulsion of pure cod-liver oil.

We'll send you a little to try if you like.  
SCOTT & BOWNE, Toronto, Ont.

umbrella firmly while you secure them in place with the elastic.

Before boiling a pudding always dip the cloth into fast boiling water, wring out the water, dredge well with flour, and shake before putting the pudding into it. Put an old saucer in the saucepan so that the pudding will not drop to the bottom and stick there.

Proportions for French Salad Dressing.—Into three tablespoonfuls of salad oil work half a teaspoonful of salt and a quarter of a teaspoonful of pepper, and then add slowly a tablespoonful of vinegar. This is equally good for beetroot and celery or a green salad.

To wash madras muslin curtains bran water is excellent. Throw a good handful of bran into each gallon of water and boil all together for half an hour. Strain part of it and use for washing the curtains, dilute the rest after straining, and rinse the curtains in it; shake the wrinkles out of the curtains as much as possible before hanging up to dry.

This substitute for aperient medicine is excellent for both children and adults, and keeps the skin nice and clear. Place some figs in a stewing-jar, cover with good salad oil and stew very gently. When they are soft, sweeten with honey and flavor with ground ginger or lemon juice; stir all together thoroughly while hot, and for a dose take one or two figs. Prunes may be prepared in the same way if preferred.

The economy of brushes is quite worthy of studying in an average household, as they quickly mount up to a heavy item in the year's expenditure. For instance, a scrubbing brush that is left to soak in a bucket rots. Sweeping brooms should never touch the floor except when in actual use; they should at once be stood on the point of the handle head upwards, against a wall or piece of furniture till the kitchens are finished, then put away in the broom rack. Dusting brooms which are suspended by a string from the handle should always be hung up after use, and washed in soap suds directly they are dirty.

### A SUGGESTION TO MOTHERS.

To the mother of small boys who is a woman of moderate means, the shoe question is most depressing. Her boys 'knock out' shoes at a rate that makes her economical soul sick and draws from her husband exclamations of impatient amazement.

One reason why the little ones' shoes wear out so quickly is that they wear them indoors and out. In the winter, much of the strain upon shoes may be lessened if the mother will insist on her boys wearing slippers in the house. The slippers may be of kid, and save carpets and polished floors from the soles and the scratches produced by the heavy shoes the little men wear at their outdoor sports. The charge is frequently brought against slippers that they leave the ankle exposed and subject to draughts that induce colds. This drawback may be obviated if the mother will let her children begin to wear slippers in the house before the cold weather sets in. The ankles thus become accustomed during the mild weather to doing without covering, except when exposed to the outer air, and the chances of cold from wearing the light footwear are reduced to a minimum. As soon as the boy comes in from school or play he should remove his heavy shoes and put on his slippers. The shoes are thus spared the wear of all the hours the child is indoors. In winter there are many stormy days when the children go out very little, if at all. The slippers then save the more expensive shoes a whole day's wear. And certainly the mother is saved the strain upon her nerves of the tramping and stamping up and down stairs of the boys' heavy boots. Slippers cost about one-half as much as do handsome boots, and certainly make half as much noise. The mother who wishes to economize in floors, nerves, and pocketbook will find the slipper experiment worth trying.

### HOW TO CLEAN PEWTER.

Now that pewter has again become fashionable it may interest our readers to have a recipe for cleaning it, taken from an old book on household management which was written at a time when pewter was in general use.

Get the finest whiting, which is only sold in the large cakes, the small cakes being mixed with sand; this caution is necessary, as pewter being rather a soft metal, it scratches easily. Mix a little of it, powdered, with the least drop of sweet oil, rub well, and wipe clean. Sweet oil, which is expensive, would not be necessary for ornamental pewter, and paraffine might be substituted, but would not have been proper in old days, even had it been discovered, for the pewter plates and dishes, as it would have been likely to give a delicate, though undesirable flavor to the food served on them.

Next, dust dry whiting through a muslin bag over them and rub bright with a dry leather. The last is to prevent all suspicion of any dampness, which is bad for pewter, as for all other metals.

### THE VALUE OF EXAMPLE.

To have your child truthful, be truthful.

To have him kind to others, be yourself kind to others.

To have him honest, present to him in yourself a living example of honesty. The chief part of a child's knowledge comes through observa-

tion. Acts mean more to him than speech.

To have him temperate, be temperate in all things.

Prove to him by your life that a good name is to be chosen before great riches.

Teach him that riches are not to be despised, but should never be got by doing harm to others; that when acquired should be treated as a trust, not as a hoard.

Prescribe healthful amusements, and so far as you can, take part in them.

### PAINFUL RHEUMATISM.

How it is Caused by Bad Blood, and Why Cured by Dr. Williams' Pink Pills.

Not many years ago doctors thought rheumatism was only a local pain caused by cold or wet in ageing joints and muscles. Now they know that rheumatism is caused by the blood becoming tainted with uric acid from disordered liver and kidneys. This acid eats into the vital organs. It destroys their vitality, contracts the muscles, stiffens the joints and irritates the nerves. Then cold and wet make every bone groan with aching rheumatism. You blame the weather, but the real cause is acid in the blood. The stiffness spreads and the pains grow worse each year until you are a helpless cripple, tortured day and night. Perhaps the disease may spread to the heart—and that means sudden death. You must not neglect rheumatism—but you can't cure it with liniments, plasters or hot cloths. They cannot possibly touch the blood. The only sure scientific cure is Dr. Williams' Pink Pills, because they actually make new blood. They sweep out the painful acid, loosen the joints, and muscles, brace up the nerves, and strengthen the liver and kidneys for their work in casting out impurities. This is proved by the thousands of suffering rheumatics who have been made well and strong by Dr. Williams' Pink Pills. Mr. T. H. Smith, of Caledonia, Ont., is one of these many witnesses. He says: "For a number of years I was badly troubled with rheumatism, and was so crippled up I could scarcely do any work. I tried a number of medicines, but they did not help me. I saw Dr. Williams' Pink Pills advertised as a cure for rheumatism and decided to try them. Before the third box was gone I found myself much better. I continued to use the pills throughout the winter and they have completely cured me. I got so I could work on the coldest day without a coat and not feel a twinge of the trouble. I think every rheumatic sufferer should promptly take Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills cure men and women who are crippled with lumbago, rheumatism, sciatica, paralysis and even locomotor ataxia, because they actually make new, rich red blood. This new blood sweeps the painful, poisonous impurities out of the system and puts the whole body into a healthy state. Nothing but good rich blood can do that—and nothing can give you healing blood except Dr. Williams' Pink Pills. If the blood is bad the nerves are bad, for the nerves feed on the blood. That is the cause of sleeplessness, nervousness, hysteria, St. Vitus dance, neuralgia, and loss of vitality in men and women. Dr. Williams' Pink Pills faithfully used cure these diseases and other blood disorders such as anaemia, biliousness, indigestion, heart troubles, backache, kidney trouble and decline. But you must get the genuine pills. The "something else just as good" medicine which some dealers try to persuade their customers to take never cured anything nor anyone. See that the full name, "Dr. Williams' Pink Pills for Pale People," is on the wrapper around every box. If in doubt write direct to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be mailed at 50 cents a box or six boxes for \$2.50.

### SIGNS AMONG WOMEN.

The Japanese women have certain methods of arranging their hair whereby a person can tell at once whether any woman whom he sees is a maiden who desires to get married, or a widow who is inconsolable, or one who is willing to be consoled if the proper suitor presents himself. Young girls arrange the hair in front in the form of a fan or butterfly, and adorn it with silver or colored ornaments. Widows who are looking for second husbands fasten their hair at the back of the head by means of tortoiseshell pins, and widows who are resolved to remain for ever faithful to their departed spouses cut their hair short and wear no ornaments in it.

### MEMORIAL TO A ROBBER.

In the little town of Forlimpopoli, near Bologna, a memorial tablet is about to be unveiled in the Municipal Theatre to the memory of a famous robber chieftain named Passatore. The reason why the theatre is chosen for the home of his memorial is that in it was performed his most famous exploit. In September, 1854, while one of Rossini's operas was being performed in the presence of all the local beauty and fashion, Passatore and his band "held up" the audience and robbed them of all their valuables to the last penny.

## "And This is No Romance Either"

UNLESS YOU HAVE USED

# "SALADA"

Ceylon tea, you have no idea what a cup of tea "In perfection," tastes like. Sold only in sealed lead packets. By all grocers. Given the gold medal and highest award at St. Louis.

### PREMATURE BURIAL.

Government Should Adopt Means to Remove Danger.

The remedy of the danger of premature burial was emphasized recently by Dr. Stenson Hooker, of the London association for the prevention of such tragedies.

Dr. Hooker strongly advocated the provision of "waiting mortuaries," where bodies could be kept for some time at a suitable temperature. There are institutions of this description in several German towns. Persons supposed to be dead are placed in these chambers, and the slightest movement of hand, foot, head, or chest sets a bell ringing. So delicate are the electrical attachments that even the faintest respiration is recorded.

"There is only one infallible test of death, and that is the presence of decomposition," said Dr. Hooker. "Certain tests are prescribed and carried out in the cases of members of our association; but even these, in the absence of putrefaction, are not infallible. The heart and pulse may have stopped beating, the jaw may have fallen, the body may be rigid and cold, and yet the principle may be present."

"I cannot say, of course, how many people are buried alive. The instances of exhumation are comparatively few, and an order is only granted by the Home Secretary for the most important reasons. You may take it, however, that there have been thousands of cases of premature burial."

One of the chief sources of peril, Dr. Hooker said, is the practice by medical men of granting certificates without seeing the body. "A doctor is attending a patient who lives six or seven miles away," he said, "and some one runs to his house with the information that the patient is dead. The doctor at once signs a certificate. Such a course should be made illegal."

### A LONG MANE.

Among the world's 80,000,000 horses there is only one that has a mane 18 feet long, and that one is owned by Mr. Zillgitt, of Inglewood, California. Marvellously beautiful are the long grey waves of hair as they are released from the braids which are necessary to keep the hair from getting into inextricable tangles. Mr. Zillgitt always keeps the mane braided and bound in a net, except on special occasions. The mass of hair is so plentiful that the upper part of the braid measures 6 inches in diameter. It requires an hour and a half to unbraids it again, for the greatest care must be exercised lest the strands become twisted.

### WILLIE'S REFORMATION.

"Your son Willie seems to have gotten over being round-shouldered. Every time I've seen him lately he's standing up like a man."

"Yes. After years of scolding him for his stooping I tried a new plan."

"What was it?"

"I told him he had a magnificent chest."

### WORLD'S POSTAGE STAMPS.

The total number of all known varieties of postage-stamps issued by all the Governments of the world up to the present time is 19,242. Of this number 205 have been issued in Great Britain and 5,711 in the various British Colonies and Protectorates, leaving 13,326 for the rest of the world. Dividing the totals amongst the continents, Europe issued 4,089, Asia 3,628, Africa 4,005, America, including the West Indies, 6,095, and Oceania 1,425. Salvador has issued more varieties of postage-stamps than any other country, the number being 450.

### A SMILE IN EVERY DOSE.

If your little ones are cross, peevish and fretful, give them Baby's Own Tablets, and they will soon be cheerful, smiling and happy. Worried mothers who use this medicine will find there's a smile in every dose. Mrs. N. Nathieu, Nosbonsing, Ont., says: "Before I began using Baby's Own Tablets my little one was always sickly and cried day and night. But the Tablets have regulated his stomach and bowels, given him strength, and he is now good-natured and growing finely." Mothers need not be afraid to use this medicine—it is guaranteed to contain no opiate or harmful drug, and may be given with perfect safety to a new born babe. Sold by all medicine dealers or sent post paid at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

### SPASMODIC ENTHUSIASM.

Some people spend a large part of their lives beginning things and then dropping them. They squander their energy and waste their efforts in rushing from one thing to another, without ever accomplishing anything. They have the faculty of beginning things, but do not seem to have the inclination or the ability to finish them. They are the victims of spasmodic enthusiasm.

A new plan is suggested, or a new idea strikes them, and they are all vigor and enthusiasm when they first begin to put it in action, but very soon their interest cools, their ardour dies out, and the thing, whatever it is, is left unfinished.

Such people give you the impression of being suffocated by the rubbish about them. Everything is lying around in an uncompleted condition, begging to be finished, half-written letters and manuscripts, half-executed plans. Work of all sorts in various stages of development, and all in a state of utter confusion.

Clear out the rubbish, get out of the rut, and you'll progress.

## Take No Risk With a Cold

There's No Time to Experiment With Untried Remedies When You Can Depend Upon

## DR. CHASE'S SYRUP OF LINSEED and TURPENTINE

Cough mixtures are legion. Nearly every dealer has some preparation of his own to offer.

Through cures for coughs and colds are rare, and when you find a medicine that you can rely on for such affections, as well as croup, whooping cough, bronchitis, and asthma, you do well to stick to it.

Dr. Chase's Syrup of Linseed and Turpentine has by far the largest sale of any such remedy on the market, and as the demand increases by leaps and bounds every year we believe this is due to the peculiar merits of this preparation.

You only need to be reminded that it is sometimes necessary to insist on getting what you ask for. Dealers have other preparations of linseed and turpentine put up to look as nearly as possible like Dr. Chase's and because of large profits may try the imitation.

There is one way to be sure, and that is by seeing the portrait and

signature of Dr. Chase on the wrapper.

Do not be contented to take any preparation offered you because it is "only a cold." Colds lead to the most fatal of diseases, and you cannot afford to take risks with new and untried treatments.

Mrs. Geo. Good, Tichborne, Addington Co., Ont., writes: "It is with pleasure that I certify to the wonderful success of Dr. Chase's Syrup of Linseed and Turpentine as a cure for colds. It is the best and surest treatment for coughs and colds that we have ever been able to find."

From childhood to old age, from the time when croup threatens the baby's life until the aged father or mother are victims of asthma, Dr. Chase's Syrup of Linseed and Turpentine is the most efficient treatment obtainable; 25 cents a bottle, at all dealers, or Edmanson, Bates & Co., Toronto.