

## About the ...House

### BEDS AND BEDDING.

Nothing is more conducive to sleep than a neatly made bed, with snow-white sheets and pillows that give forth the faint old-time fragrance of lavender.

There are two good rules on the proper position of a bed. It should never be placed against the wall, where there is often an imperceptible dampness. It should never stand in a recess or corner where there is not a constant circulation of fresh air. Dull headaches in the morning can nearly always be traced to sleeping in a bed far from a window.

All sorts of coverlets are now used for beds, but the plain, snow-white counterpane looks cool and restful in summer. Bedspreads of dotted Swiss or net are also appropriate if used over a foundation. The net for this purpose should be of coarse mesh and large enough when spread over the bed to clear the floor on three sides. Florines of heavy Russian lace about four or five inches wide may be used for an edge. Many good housewives think a white coverlet cold looking and less picturesque than one in color.

Blankets are always preferable to quilts and comfortables, excepting those of soft down. Blankets, of course, can be washed, but frail women find them heavier and not so warm as down comfortables. All authorities, however, agree in condemning that favorite of past days, the crazy quilt, and most of the other old-fashioned quilts. Although blankets are undoubtedly better than ordinary comfortables, a large number of housekeepers feel that their means will not permit them to use blankets exclusively, and therefore they add to their bedding comfortables, which are cheap and warm. Certainly some of the simple home-made comfortables in cheese-cloth of delicate tints look clean and pretty in country cottages.

Most housewives imagine that linen is the ideal material for sheets, but several household authorities consider it inferior to a good quality of cotton for this purpose. Linen is cold and "slippery." It is not more appropriate for sheets than it is for body wear, owing to its non-absorbent quality. The wrinkles in linen sheets are harder to smooth out than those in cotton, and, in addition, keep a bed from looking fresh. Linen, however, is at its best when used for tablecloths and napery. For all such purposes it is the ideal material.

Mattresses are difficult to clean, and even some work to brush properly, owing to the creases around the upholsterer's buttons. If they are not constantly and completely covered by protectors the dust will gradually enter every crease. One piece of unbleached cotton sheeting should be stretched over the entire mattress. The end of the sheeting should first be pinned to the top of the mattress, the rest drawn down to the foot, under the under mattress, and again to the top, where the upper and under ends should be neatly basted together. After all wrinkles are smoothed out, the edges of the sheeting along the sides of the mattress are roughly basted together. There should be two protectors for every mattress, so that when one is in the wash the other can take its place.

When there is illness in the family some housewives use, in addition, thick comforters of unbleached cotton, which can be easily washed. Pillows and bolsters are often covered with cheap cotton or calico to protect the ticking.

When airing a bed, place two chairs at the foot, about two or three feet away; then draw the bedclothes over them, leaving the mattress bare, or if you prefer, place the bedding on separate chairs. A certain very particular housekeeper arranged two strong hooks in every one of the bedrooms in inconspicuous corners opposite each other, and about five feet from the floor. In the morning she stretched a line from hook to hook and hung the bedding over it to air for about two hours.

### SELECTED RECIPES.

**Strawberry Fritters.**—Crush one pint of fresh strawberries and drain off the juice. Beat up the yolks of two eggs, add one tablespoonful of sugar, one-half a cupful of milk, enough flour to make a stiff batter,

into which one teaspoonful of baking powder has been sifted, then stir in carefully the strawberry pulp, and, last of all, the beaten whites of the eggs. Drop by spoonfuls into hot fat and fry a golden brown. Serve with a sauce made from the juice.

**Banana Fritters.**—Cut the bananas into lengthwise pieces, place them in a dish and cover with sugar and a little lemon juice. Make a plain fritter batter, dip the banana into it and fry in hot fat. Serve with sauce.

**Pineapple Fritters.**—Slice the pineapple into quarter-inch slices, then cut into halves or quarters, cover with sugar, and let stand about an hour. Dip each piece into fritter batter, fry in deep fat. Serve with sauce.

**Peach Fritters.**—Remove the peaches carefully from the can, keeping their shape as well as possible; drain from the juice, dip each half into batter, and fry in hot fat.

**Poited Fish.**—From such cold fish as is on hand remove skin and bones, chop fine, then pound it to a paste. For each cupful of this paste allow one-quarter of a teaspoonful of made custard, a dash of cayenne, one teaspoonful of butter. Melt the butter and incorporate it with the seasonings; if quite dry add a little more butter. Pack solidly in small jars, and when cold cover the top of each with a quarter of an inch layer of melted butter. If put away in a cold place this will keep for several weeks.

**Cocoanut Custard Pie.**—Scald one cupful of milk, add one tablespoonful of corn starch mixed with two tablespoonfuls of sugar and sufficient cold milk to make a smooth paste. Stir until thickened, simmer for five minutes, set aside until partly cooled. Add three well-beaten eggs, one cupful of cold milk, two more tablespoonfuls of sugar, one heaping cupful of freshly grated cocoanut and one tablespoonful of vanilla. Pour into a deep pie-dish lined with paste, bake in a moderate oven until set in the middle.

**Crystallized Orange and Lemon Peel.**—These peels may be cooked in the same kettle and still hold their own flavor. Collect the peel by placing the pieces in mild salt and water until the desired quantity is secured, then make thin sticks, and placing in cold water, boil. As soon as the water tastes salty and bitter change, and repeat with cold water again. When clear, make a thick syrup, and boil down until the syrup is entirely gone. Turn on plates and partly dry. When half dry roll in granulated sugar. This confection will, if placed in boxes, keep for some time.

### SCRUBBINGS.

Some one has included among the lost arts. The materials needed are two pieces of house flannel, two pails warm water, soap, kneeler, scrubbing brush, and sand.

Remove all dust with a long handled hair broom. Kneel on a kneeler of cocoanut fibre or on a piece of old carpet; dip one flannel in the water, and, commencing as far from the door as possible, wash the floor as widely as can be comfortably reached.

Sprinkle the wet part with a little sand, rub soap on the scrubbing brush, and thoroughly scrub along the way of the grain.

Rinse out the flannel to get rid of the soap and rinse off the soil from the scrubbed part. Rinse again this time wringing the flannel out of the clean pail of water. Now wring the flannel tightly and rub the clean part of the floor, thus drying it a little.

Lastly, rub this part with a dry cloth to get it as dry as possible, and continuing in this way until the whole floor is clean. Old garments can well be used for floor cloths.

Windows and doors should be left open so that the draft may help swift drying, as wood in-drying slowly is apt to discolor. For the same reason choose a fine day if possible.

The water must be changed frequently, for soiled water cannot produce clean boards. The wood must be scrubbed the way of the grain in order that the bristles of the brush may penetrate into every crevice and bring out the soil. By brushing across the grain the bristles simply run over and not into the pores.

Rinsing is most essential to insure cleanliness. Do not dry before rinsing.

### KING'S OLD HORSES.

One of the King's Horses whose margin of utility was reached was put to death in the stables at Buckingham Palace recently. A specially constructed mask was adjusted, and by means of it a powerful dose of chloroform was administered. In a few minutes the animal had died a painless death. It is one of the King's rules that no horse which has been in his service shall leave it except through the gate of death. He declines to allow any animal to be disposed of in a way which would leave its future treatment a matter of uncertainty. The royal horses, therefore, are kept until they are no longer fit for their duties, and then they are put out of existence in the most merciful and expeditious manner possible.

Many men try to find the deserving poor by looking in a mirror.

### ATHLETIC SPORTS IN INDIA.

#### The Natives Play Football in Their Bare Feet.

As is only to be expected, considering their national diet (curri-bhat), the physique of the natives of India will not compare with an Englishman's, though they possess a litheness of form and quickness of eye that we lack, and which makes them among the finest gymnasts and jugglers in the world. Such perfect balancing powers have they that even supposing them bereft of the tenacious grasp of foot possessed by all barefooted races, there would be still left much to admire in their skill. No contortion seems too difficult for them, no bar too slight or smooth to be negotiated, no height can try their nerves, and no standing ground appears too small. Even a slip is of little consequence to such clever tumblers; they seem to have all the climbing powers of a cat. As runners their staying powers are most wonderful; a dakwallah deems the task of running twenty miles a mere trifle. It is strange that in games pure and simple they do not display the same excellence, though the cricket of the Parsees is meritorious. Of other native pastimes, the one which may cause the most surprise is football, as it seems essential a game fitted for northern climates only. Yet it is not merely played, but played rather extensively, considering its somewhat recent introduction into the country. Its growing popularity is still more surprising on account of the hard nature of the ground and the heat of the atmosphere, conditions which scarcely favor either the playing or players. Association, the game more adapted to the Indian climate, is the code in general use. The usual rules and regulations are in force, but the natives play barefooted. How amazing! Imagine for a moment playing against opponents wearing boots, and yet this is a common occurrence with these people. As footballers they are fairly fast, and have plenty of nerve, but at present they do not quite understand the passing game. However, combination, which is the root of success, is beginning to dawn upon them, though unfortunately, their lack of muscular stamina would tell against them if ever they should chance to encounter an English team of professionals. Some native players are individually really good, very speedy, very keen, and, what is more important, they pass well, and seem to realize the scientific side of the game. As yet these are few and far between; the kick-and-rush game, intermingled with dribbling, is more common. Still their progress has been remarkable, and with European influence the rest may come.

### RHEUMATIC PAINS.

#### Driven Out of the System by Dr. Williams' Pink Pills.

"My life was absolutely made miserable by rheumatism, says Mr. Geo. F. Hilpert, of West River, Sheet Harbor, N.S. "I am employed every spring as a river driver, and in consequence am exposed to all sorts of weather and exposure in the cold water. A few years ago while engaged at my work I was seized with the most acute pains in my back and joints, I became almost a cripple and could scarcely move about. I had medical aid, but it did not help me. Then I began taking a remedy alleged to be a cure for rheumatism, and I used ten dollars worth, but derived absolutely no benefit. The constant suffering I was in began to tell on my hitherto strong constitution and I became so badly run down that I despaired of ever being in good health again. Then a friend called my attention to Dr. Williams' Pink Pills, and although somewhat skeptical I decided to try them. I had only used a few boxes when I began to feel better, and after I had used something over a dozen boxes I was again in good health. Every twinge of the trouble had left me, and although I have been subject to much exposures since, I have not had a twinge of the old pain. I can honestly say that Dr. Williams' Pink Pills cured me after other expensive treatment had failed."

Rheumatism was rooted in Mr. Hilpert's blood. The cold, and the wet and the exposure only started the pain going. Dr. Williams' Pink Pills cured because they drove the poisonous uric acid out of the blood and filled the veins with that new, rich blood that no disease can resist. These pills actually make new blood, and that is why they cure common ailments like rheumatism, sciatica, lumbago, anaemia, indigestion, headaches and backaches, kidney and liver troubles, and nervous troubles such as neuralgia, St. Vitus dance and paralysis. And it is this same way that they cure the irregularities and secret troubles of women and growing girls. No other medicine can do this, and ailing people will save money and speedily get good health by taking Dr. Williams' Pink Pills at once. But you must get the genuine with the full name, Dr. Williams' Pink Pills for Pale People, on the wrapper around each box. Sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for \$2.50, by writing the Dr. Williams' Medicine Co., Brockville, Ont.

### SATISFIED.

Visitor—What, you got a life sentence?  
Prisoner—Yes, thank heaven! I hate moving!

## WHICH WILL YOU TAKE

Artificially colored and adulterated teas of China and Japan or

# "SALADA"

TEA? Sold in native purity and deliciousness Black, Mixed or Green. By all Grocers.

Sold only in sealed lead packets HIGHEST AWARD ST. LOUIS, 1904.

### USES FOR ELECTRICITY

#### HE CAUGHT MANY A THIEF RED-HANDED.

#### Farms Run By It—Calculating Machine Has Worked Wonders.

Some distance from New York there is a farm which is run entirely by electricity. The owner has set up a complete electric plant, and this produces the current for lighting and heating as well as for supplying the power for other operations connected with the farm. The farm land obtains its power from a large stream on which are two falls, one 60 feet and the other 160 feet high. The rush of the falling water turns huge wheels which are connected to a motor of immense horsepower, which runs several smaller ones. One motor of ten horse-power works a mowing machine, another a threshing machine, and a third a circular saw for cutting logs. The churns and other appliances in the farm dairy are all run by electricity, and the farm itself is lighted by several huge arc lamps says Pearson's Weekly.

Another farm, situated in Western Canada, saves about \$2,500 every year by using electricity

#### FOR MANUAL LABOR.

Mowing machines, chaff cutters, ploughs, harrows, reaping machines, and the like are run by an electric current. The farmhouse is brilliantly lighted, and the kitchen supplied with an electrically-heated range, while in the laundry the flat-irons are heated by electricity.

The Americans were the first to utilize electricity as a burglar-catcher. A well-known professor of Chicago, attached to one of the universities, discovered that any money he left in the pockets of his overcoat, that was hung up in a lobby during lecture hours, seemed to disappear mysteriously. One day he arranged wires that carried a generous current inside the pocket of his coat, and this brought the thief to a realising sense of iniquity. The appropriation of other men's goods inserted his hand, and the electricity gave him such a twinge that he yelled vigorously, and was caught literally red-handed.

#### PILFERER-PROOF MUSEUM.

The professor's little dodge resulted in an effective system of protection being applied successfully to several museums in America and England. Wires, conveying an electric current, were run underneath the lid of each case containing valuable articles. If the cover was lifted or disturbed in any way an alarm was instantly transmitted to the office of an attendant or night watchman, and several electric gongs were sounded simultaneously. Four museum-pilferers were captured in one month in this way.

Electric burglar alarms are very common nowadays, and there is hardly a public institution or palatial residence in the kingdom that is not fitted with one or two of them.

Several of our best orchards are surrounded by a net of fine wire mesh, six to eight feet high, with a couple of copper wires, some distance apart, stretched along the top of it. Every night a strong current is switched into these, carrying electricity right through the wire-mesh, making it a perfect terror to thieves and others of that ilk.

The popularity of the electrical calculating machine is daily increasing. Those who are using it declare that it is three times as simple as the calculating machine which works by hand. The latter machine, by-the-way, became an essentiality in the world of science long since, and almost every life insurance and Government office in Great Britain has one in use.

#### EIGHT OF THE MACHINES

were placed in the accountant's department of the Bank of England some years ago, and proved an immediate success. Mr. Joseph Chamberlain introduced the invention into the House of Commons, where it has been found an invaluable assistant in drawing up statistics.

Whether the electrical calculator will oust the mechanical one, remains to be seen.

Dr. Hammond, a Washington physician, has found that sleep can be induced by sending a mild electric current through the sympathetic nerves of the spinal column of the brain, and he has placed upon the market a small battery, of his own design, for the benefit of those whose overwrought nerves force them to discover some reliable method of producing sleep artificially.

Metal can now be welded by electricity, and no eye could tell where the junctions are made. Railway

metals are welded into continuous lines of a mile or so long by this method, and many of the rims of wheels for motor-cars and similar vehicles are being

#### ELECTRICALLY WELDED.

George Maxwell, one of the most successful speculators on the Board of Trade at Chicago, was robbed literally by electricity. One evening while in his office the telephone bell rang, and, in reply to his "Hullo," a masculine voice, rough and rasping said:

"I'm Thomas Jefferson Odell, the famous burglar. I and two of my friends have gained access to your house. The cook, the chambermaid, and your wife are lying here in the drawing-room, gagged and bound. We have disposed of the black coachman, and some bundles of rag and straw, soaked in petroleum, have been judiciously distributed about the house ready to be ignited."

"You scoundrel!" shouted the agonised Maxwell.

"Don't speak so loud," was the calm retort, "you'll smother the instrument! Now listen to me. I need a little loan of \$10,000 cash. It is now 5.30 o'clock. At this very moment my confederate has entered your office to receive the money. Refuse to pay it him, and your house will be burnt to the ground with your wife and servants in it."

#### ROBBED OF \$10,000.

Mr. Maxwell, turning round, saw a stranger dressed in the height of fashion before him.

"I have called to collect a little matter of \$10,000 for Mr. Odell," said the visitor.

Mr. Maxwell, without a word, went to his safe and handed the stranger two packets containing \$10,000 in notes. Then Odell's confederate stepped to the telephone and said:

"I have the money. Free Mrs. Maxwell and the servants, and leave the house as you found it."

Then he strode out of the office with the grandeur of a Spanish hidalgo.

When Mr. Maxwell arrived home he found his wife as calm as possible, and after he had finished the recital of his adventure he was told by his wife that nothing had happened in the house as he described, but a well-dressed man, calling himself Odell, had called some time before and stating that he was a business friend of Mr. Maxwell's, asked permission to use the telephone to send him an important message.

This permission was given him, and after using the phone for a short time he left the house.

Maxwell, discovering how he had been sold, rushed to the police, and although they put the smartest detectives in the service on the case, they failed to capture the clever Odell and his confederate.

#### A MOTHER'S PRAISE.

In every part of Canada you will find mothers who speak in the highest praise of Baby's Own Tablets. Among these is Mrs. Jas. H. Konkle, Beamsville, Ontario, who says:—"I have used Baby's Own Tablets for over three years and I would not be without them. They have done more for my children than any medicine I have ever used. My little girl, now four years old was always troubled with indigestion and constipation, and although other medicines helped her temporarily, Baby's Own Tablets were the thing needed to cure her. I also gave the tablets to my baby from time to time since she was two days old, and they always worked like a charm. She is now two years old and a more healthy child would be hard to find. The Tablets are certainly a life-saver." These Tablets cure all minor ailments of infants and young children. They contain no poisoning soothing stuff, and there is no danger of giving an over-dose as there is with liquid medicine. Sold by all druggists or sent by mail at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

#### YOUTHFUL BEAUTY.

If you wish to be young looking and happy, adopt as your principle in life never to expect too much of people. A large amount of worry and trouble arises from our too great expectations of others. We expect too much of our children; they must be gifted, beautiful, obedient, little compendiums of all the virtues, and if they are not this we think bitter things and sow wrinkles and gray hair for ourselves. We expect too much of our friends, and ill nature is the result of the disappointments encountered. The housekeeper develops into a domestic pessimist who does not find the orderliness and cleanliness which she expects.

## CONTINUE

Those who are gaining flesh and strength by regular treatment with

### Scott's Emulsion

should continue the treatment in hot weather; smaller dose and a little cool milk with it will do away with any objection which is attached to fatty products during the heated season.

Sent for free sample. SCOTT & BOWNE, Chemists, Toronto, Ontario. 50c. per 1.00; all druggists.