

About the House

DISHES FOR HOT SUPPER.

There are many homes in which dinner, the principal meal of the day, must be served at noon instead of evening. In such cases it usually follows that the third meal is rather heartier than the old-time cold-meat tea and that, where there are growing children or young people in the family, one or more hot dishes are necessary. These need not necessarily be of meat or require a great deal of preparation, but they should be of a substantial nature and served piping hot. Small portions remaining from some dinner dish may be utilized, although such can frequently be used to better advantage in the preparation of breakfast dishes. When the same routine has been gone through and new dishes are asked for any of the following will be sure to be appreciated:

Scarborough Salt Cod.—Take a thick middle cut of cod weighing fully two pounds. Wash and place flesh side downward in a deep dish, cover with cold water and let soak for at least six or eight hours; this freshening process may be hastened by first holding the cod under cold running water for ten or fifteen minutes and by changing the water at frequent intervals. When fairly fresh rub and wash again to remove any remaining salt crystals, then place in the dish and pour over it hot water in which a large onion has been boiled. Cover and let stand until cold, then drain and dry thoroughly with a cloth. Brush with soft butter, place on a wire broiler and broil quickly, turning two or three times. When nicely colored lay in a heated vegetable dish and with two forks break in pieces. Have ready a cupful or more of hot drawn butter to which salt, pepper, a teaspoonful of lemon juice and a teaspoonful of finely chopped parsley have been added. Pour this over the fish, cover closely and stand in the warming oven or over hot water for ten minutes. The result is exceedingly good.

Rice and cheese pudding.—Take two cupfuls of freshly boiled rice left from dinner and which is still warm; or wash thoroughly three quarters of a cupful of the raw article, drop into a large kettle of rapidly boiling water and boil at a gallop until tender, then drain. Make one cupful and a half of white sauce by mixing together over the fire one heaping tablespoonful each of butter and flour and gradually adding three quarters of a pint of hot milk, stirring until smoothly thickened. Let this stand off the fire until lukewarm, then add salt to taste, a dash of white pepper, two well-beaten eggs and a half cupful of grated cheese. Put the rice and sauce in alternate layers in a buttered pudding dish, sprinkle thickly with buttered crumbs and bake for half an hour in a good oven.

Smothered Potatoes.—Pare and cut into thin slices as many raw potatoes as are likely to be eaten. Butter a baking dish and fill with layers of the potato, sprinkling each layer with salt, pepper and a little flour, adding some bits of butter—allow one large tablespoonful of the butter for each quart of potatoes. Now pour in cold milk until it can just be seen through the top layer of potatoes. Cover and bake in a hot oven for from 30 to 40 minutes, according to the depth of ingredients in the dish, then uncover and brown.

Baked Cabbage.—Quarter a good-sized head of cabbage and cut in thin slices or shave with a slaw

cutter. Drop into a bowl of salted water for ten minutes, then drain and turn into a large kettle of boiling water. Add one teaspoonful of salt and boil for 30 minutes, then drain. Make a pint of white sauce, following the proportions given for the baked rice. Fill a buttered dish with alternate layers of the drained cabbage, sauce and grated cheese, having the top layer cheese. Cover with buttered crumbs and bake for twenty minutes in a quick oven.

Macaroni Mexicaine.—Heat a teaspoonful of lard in a frying pan, lay in two pork chops and turn frequently until well seared, then cook slowly until as brown as possible without burning. Add half a can of tomatoes, half of a green pepper seeded and cut fine, one large onion cut fine and half a teaspoonful of salt. Cover the pan and stew very slowly until the meat is in rags and the sauce quite thick, then rub all through a coarse sieve. Keep hot at the side of a fire until needed. Break half a pound of macaroni in short lengths. Have ready a kettle containing at least four quarts of boiling water. Add the macaroni and a scant teaspoonful of salt and keep at a galloping boil until tender—this usually takes about 40 minutes. Drain, pour cold water over the macaroni and drain again, then stand over hot water until steaming. Turn into a dish and pour over the hot sauce. This sauce can be prepared in any quantity in cold weather as it keeps well. When macaroni prepared in any way is a favorite dish a simpler method is to boil, drain and reheat the macaroni as just directed. Have ready a cupful or more of grated cheese and a hot vegetable dish. Arrange the macaroni in layers in the dish, sprinkling each layer with the cheese, a liberal allowance of pepper, a little salt, a pinch of dry mustard, a teaspoonful of butter cut in bits and as much of the cheese as will suit the family taste. Stir and turn carefully with two forks, then serve at once.

AT BUTCHERING TIME.

Hogs' liver is very much improved by putting it in a brine made by dissolving a handful of salt in one quart of water. Let the liver remain in this a few days. Beef liver can be treated the same way. Both pig and beef liver can be boiled with the upper parts of the head until perfectly tender, or so as to crumble easily. Season to taste with pepper salt and sage if liked. Strain the liquor in which they were cooked, return to the kettle, add the finely shredded or minced liver and head, thicken with corn meal until a stiff mush is formed, let cook slowly an hour, then turn out into earthenware dishes. When cold it may be sliced and fried in butter or lard and makes a fine breakfast dish.

Head Cheese.—Soak the upper part of the heads for two days in water in which enough salt has been put to make a fairly strong brine. This will remove all blood from the veins and render them white and pure. They should be thoroughly cleaned before placing in the brine. Boil until the bones will drop out. Let cool, then chop fine; season to taste with pepper, salt and such herbs as are liked, as summer savory, etc. Place in deep earthen dishes and weigh down so as to press into a firm mass. Let remain until well set; it may be sliced and served cold, or sliced, rolled in flour and fried.

Pigs' Feet.—Thoroughly clean pigs' feet, then boil until the bones become loose or ready to drop out when handled. When cold they may be placed in a hot spiced vinegar, but the very best way of serving them is to roll them in flour and fry until brown in lard or pork fat; serve very hot for a breakfast dish.

Sausage Meat.—For 40 lbs., of meat use 1 lb. salt, ½ lb. pepper, ½ lb. cayenne and 2 ozs. sage. Pack the meat in unbleached muslin bags and hang in a cold, dry place.

CARE OF LACE CURTAINS.

These should never be put away in a soiled condition, as dirt left in them for several months is harder to wash out, and requires as much severer rubbing of the delicate fabric. The curtains should be left to soak in warm soapy water, so that they will require as little rubbing as possible to get them clean, and this should be done with the hands, as a board is simply ruinous. Make a thin boiled starch, slightly blue, and dip the curtains in, wringing them out gently. Then take clean bed sheets, and pin the curtains on the sheets to dry, being careful to pin them exactly in shape, so that they will be perfectly square and even when dry. Some people dampen and iron the curtains, but it is very bad for the fabric, and they never hang properly afterwards.

HOW TO STORE PICKLES.

When sauces and pickles are bottled for winter use, care should be taken that the bottles and jars are perfectly air-tight, and this fact cannot be assured if the corks are simply fitted into the necks and tied down in the usual manner. The corks should first be dipped into a mixture of ¼ lb. of beef suet and ½ lb. of wax melted down over a slow fire, and be dried at the fire afterwards, this process being repeated several times. Then press the corks into the bottles and dip the heads

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and rins into a solution of one-eighth of an ounce of beeswax melted down with ¼ lb. of sealing-wax and the same quantity of black resin. When making this mixture it is a good plan to stir it with a long tallow candle, the wax preventing it from sticking to the bottom of the pan. Sauces, liniments, etc., bottled in this way will be kept free from the inclusion of air or dust.

WASHING MADE EASY.

It is a good plan to put the family washing in soak overnight, previous to wash-day. Place the least-soiled articles in your washing-machine, and cover with suds just slightly warm. In the morning add a pailful of warm water, and set the machine in motion the usual length of time; wring out and place the clothes in another tub containing warm water and suds in the usual manner. Proceed in the same way with the coarser articles of wearing apparel which have been in soak over night. Wring them out and place them in the same water in which the first batch was soaked; add some dissolved soap and half a pailful of warm water, and run the machine until the clothes are clean. Wring out as above, then rinse the first batch in cold water, slightly lye, after which rinse the second batch and put them on the line to dry. Here is the family washing completed in half the usual time with half the labor; no hot kitchen to swelter in, no boiling of clothes necessary to make the clothes white, sweet, and clean.

BAD KIDNEYS.

Can Only be Cured Through the Blood.

Bad backs—aching backs—come from bad kidneys. Bad kidneys come from bad blood. Bad blood clogs the kidneys with poisonous impurities that breed deadly diseases. And the first sign of that fatal trouble is a dull, dragging pain in the back. Neglect it, and you will soon have the coated tongue, the pasty skin, the peevish temper, the swollen ankles, the dark-rimmed eyes, and all the other signs of deadly kidney disease. Plasters and liniments can never cure you. Kidney pills and backache pills only touch the symptoms—they do not cure. You must get right down to the root and cause of the trouble in the blood—and no medicine in the world can do this so surely as Dr. Williams' Pink Pills, because they actually make new blood. This strong, rich, new blood sweeps the kidneys clean, drives out the poisonous acids, and heals the deadly inflammation. That is the only way to rid yourself of your backache and have strong, sound kidneys. Mrs. Paul St. Onge, wife of a well known contractor at St. Alexis des Monts, Que., says:—"I suffered for upwards of six years from kidney trouble, I had dull, aching pains across the loins, and at times could hardly go about. I lost flesh, had dark rims below my eyes, and grew more wretched every day. I was treated by different doctors, but with no apparent result. I despaired of regaining my health, and was becoming a burden to my family. I was in a deplorable condition when one of my friends advised me to try Dr. Williams' Pink Pills. I began taking them, and after using three or four boxes, I began to feel better. I continued the treatment for nearly three months, when every symptom of the trouble had vanished and I was again a well woman. I feel justified in saying I believe Dr. Williams' Pink Pills saved my life."

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Women are born to sympathize, and if they can't find anything else to feel sorry for they proceed to feel sorry for themselves.



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HOMESICK FOR HARDSHIPS. Gold Fever Sends Back Men Who Just Left the North.

The grip of the gold seeker's fever was curiously demonstrated at Victoria, British Columbia, upon the arrival of the last Skagway steamer. She brought among her passengers Donald McGillivray and Harry Johnstone, both from Yarmouth, N. S., who went in with the rush of '97 to the Klondike, have stayed there ever since and now are rated wealthy men.

They had been planning for three years past to come outside after the autumn work of 1905 and spend Christmas at the old home. Their business affairs in the North were arranged and they started for civilization and childhood's scenes four weeks ago. By the time they reached Skagway they had developed a genuine homesickness for the pick and shovel and they "had a half mind to turn back."

On the trip down from Skagway they got talking of what the boys were doing far away in the Northland—of what work would be accomplished during the winter, and of what might happen prejudicial to their interests. Result: When Victoria was reached about their first investment was a return ticket, and the next steamer sailing for Skagway carried them north again. They expect to go in to Dawson over the ice.

Lawrence Sinclair, A. K. Jewitt and George Greenhow, three other Yukoners who have been staying at the Hotel Dominion, Victoria, for some days past, say that they too know the feeling of the "call of the north."

"This is their first visit to the outside in eight years, and already they are becoming restless and anxious to be back at the mines." "Half of the Yukoners who start out to give the old folks at home a surprise think better of it before they are well started, and hike back to the mines," said Sinclair. "The gold fever is something mortal queer. Once you've got a real good touch of it you can't shake it off. I suppose almost everyone has a taste of it once in a while, but the majority get over it all right. But when it gets such a hold of you that you're willing to go hundreds and hundreds of miles away from home and friends and the comforts of life to the hardships of the frozen north and then learn to think it is the very finest country on the face of the earth—why then you've got the genuine article. That's the kind of a case I got, and I guess Jewitt and Greenhow had about the same brand."

The three partners separate when they reach San Francisco—Sinclair to visit his former home in Colorado, Jewitt to go to Australia and Greenhow to New Zealand. One or all will return to the north in March to look after their interests on French Creek.

ENGLAND'S PERIL.

Inordinate Use of Coffee Condemned as a Growing Evil.

It has been noticeable in London lately that there has been a remarkable increase in deaths from nervous complaints, and a doctor writing to the papers attributes the increase in the people suffering from nervous dis-

orders to the increase of popular tea shops, and advises drinking China tea as less deleterious than Indian and Ceylon blends.

Another doctor asks, what of persons addicted to the coffee habit? He declares there is no brand of coffee they can drink to any considerable extent without suffering from the same distressing consequences as afflict the injudicious users of tea.

Still another medical man, who makes a specialty of the dietetics, states that as many men are addicted to excessive indulgence in coffee as there are immoderate tea drinkers among women. He writes:

"Thousands of men, particularly in the city, sip coffee during the day at brief intervals as their brethren in New York sip spirits. In time the coffee habit develops palpitation of the heart, irregular pulse, nervousness, indigestion, and insomnia."

"Coffee drunkards, as I may call them, are greatly increasing in number, due probably to the wave of temperance which is passing over the country, but I've known cases where hallucinations scarcely different from those of alcoholism have been set up by persistent abuse of coffee over a series of months."

"Coffee is a cerebral stimulant ranking with alcohol, but used in moderation is less harmful than tea, as it contains less tannic acid. The use of coffee after dinner, especially the practice of drinking a cup at night, solely is responsible for cases of sleeplessness."

Another writer recommends dyspeptic and nervous persons to drink the yerba mate tea of Paraguay, which is used universally in South America, but yerba mate, says a Mining Lane Merchant, is used more as a drug than as a beverage in England. Little of it comes on the market, and as the drinker would require to have it specially sent over he would probably find it cheaper to eschew tea altogether.

A LITTLE TYRANT.

There is no tyrant like a teething baby. The temper isn't due to original sin; the little one suffers worse than the rest of the family. He doesn't know what is the matter—they do. But baby need not suffer longer than it takes to make him well, if the mother will give him Baby's Own Tablets. They ease the tender gums and bring the teeth through painlessly and without tears. Mrs. C. Connolly, St. Laurent, Man., says: "Some months ago my little girl's health became so bad that we felt very anxious. She was teething and suffered so much that we did not know what to do for her. I was advised to try Baby's Own Tablets, and from almost the first dose she began to improve, and there was no further trouble. She is now in the best of health, thanks to the Tablets." The Tablets cure all the minor ailments of children, and are a blessing to both mother and child. They always do good—they cannot possibly do harm. Try them and you will use no other medicine for your little one. Sold by all druggists or sent by mail at 25 cents a box by writing the Dr. Williams' Medicine Co., Brockville, Ont.

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