

For a HEALTHFUL and DELICIOUS DRINK

—USE—

"SALADA"

Ceylon NATURAL GREEN Tea. It is the ideal standard of purity.

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About the House

SOME DAINTY DISHES.

For Water Icing.—Mix together till quite smooth half a pound of icing sugar, and two tablespoonfuls of cold water. Put this on to the cake with a spoon, letting it lie where it falls.

A Great Breakfast Muffin.—Take two cupfuls of oatmeal, one cup of flour, one large spoonful of butter, a teaspoonful of baking powder, and a pinch of salt. Make into a batter with milk, press flat, and bake like griddle cakes.

To Prepare Breadcrumbs for Pudings.—Spread a sheet of paper on the table or pastry board; place a wire sieve the wrong side up on it, rub a portion of the crumbs of a stale loaf through the sieve, or grate it on a bread grater, then pass the crumbs through the sieve.

Bake apples with honey and you will have a delicious dish. Wipe and core the apples necessary for your dish, but do not cut the cores right through. Into the hollow put a little bit of butter and a teaspoonful of honey. Place each apple thus treated in a baking tin, prick all over with a skewer, and bake very slowly.

For rice pudding allow one ounce and a half of rice for a pint of milk, and two ounces and a half of butter. After washing the rice, drain it, put it into a saucepan with the butter to warm slowly, so that the rice sucks up the butter, add the milk while stirring, and when all is hot put into a pie dish. Cook in a slow oven from two to three hours. The rice can be sweet or savory as preferred.

Vegetable Pie.—Take equal quantities of carrots, turnips, a head of celery, two onions, and two ounces of dripping. Cut the vegetables in pieces about an inch long, place them in a saucepan with the dripping and a small quantity of water. Season with salt and pepper to taste. Stew gently over a slow fire, and when tender put into a pie-dish to get cold. Cover with short paste; cook till the pastry is done, and serve hot.

Chicken Pudding.—Prepare the chicken as for pie. Make a batter of one pint of milk, one of four, two eggs, a heaping teaspoonful of baking powder, and a saltspoonful of salt. Butter a pudding dish, put a layer of chicken in it, dot with butter, then a layer of batter on top. Bake and serve with gravy made from the chicken stock.

Chip Potatoes.—Choose large potatoes and after peeling them, wash quite clean and wipe dry. Cut into slices lengthwise and again lengthwise into straws, place in a frying basket, and fry until a pale golden brown in clean, boiling fat. Scatter salt over, and pile on a dish. N. B.—See that the fat throws off a blue smoke before the potatoes are put in.

Ginger Beer.—To make nine gallons the following ingredients are necessary: Ten pounds of white sugar, nine ounces (fluid) of lemon or lime juice, eleven ounces of bruised ginger, half a pound of honey, and nine gallons of water. Boil the ginger in one gallon and a half of water for half an hour, then add the sugar, the juice, the honey, with the remainder of the water, and strain through a cloth. When cold add the white of one egg and a quarter of an ounce of essence of lemon. Stand for four days, and then bottle. This makes an excellent beverage, which will keep for several months in a cool place.

A rich chicken pie is made of one cold boiled chicken, one slice of cold boiled ham, cut in smallest dice; you can boil a slice of ham until tender as well as you can a whole one. Use the juice of fifty oysters in making a good "rawn butter," thickened with corn starch. Grate one onion and add to the sauce, thinning it with boiling water if you have not sufficient. Line a deep pudding dish with paste, building up the edges with several layers. Fill the dish with the sliced chicken, oysters and ham. Pour the sauce over all and bake with a top crust that has a square opening in the middle. Cut out an ornament from the pie paste, bake it separately—a rose of many layers, and leaves turned up and over—and insert it in this opening before serving.

EGGLESS PUDDINGS.

Chestnut Cream Pudding.—Scald a pint of chestnuts and remove the brown skins. Cover them with boiling water, add the juice of a third of a lemon and cook until they are tender. Drain off the water and press them through a colander. Whip a pint of cream with one-half cup of powdered sugar and vanilla, sherry, or a little brandy for flavoring. Beat the chestnuts through it lightly with a fork and serve in glasses or in little moulds. This makes a good dish to pack in a mold and freeze as mousse.

Prune Tapioca.—Wash one-half cup-

ful of tapioca and soak it over night in three cups of cold water. In the morning put both the water and the tapioca in the double boiler and cook for one hour. Before this wash the prunes and put them in a saucepan with enough cold water to cover them. Let them simmer gently until they absorb the water. Turn out to cool and remove the stones. When the tapioca has cooked an hour stir in one-half teaspoonful of salt, one tablespoonful of lemon juice, and one-half cupful of sugar. Spread a layer of it in the bottom of a baking dish, sprinkle with prunes, next with another layer of tapioca, and so on, leaving the last tapioca. Bake an hour and serve partially cool.

HOUSEHOLD HINTS.

Cold potatoes dredged with flour fry quicker and brown better. Hard and stiff shoes or boots, if rubbed with vaseline, will become soft and pliant.

Remove flour pot stains from window-sills by rubbing them with fine wood ashes, and rinse with clean water.

A strong safety-pin makes an excellent substitute for a key-ring. A key can quickly and easily be removed from it.

A tablespoonful of turpentine put into the copper when boiling white clothes will aid the whitening process considerably.

To clean a kitchen table rub greasy stains with lemon juice, then scrub with soda-water, and they will speedily disappear.

If stockings are washed before being worn they will last twice as long. Stockings should always be washed apart from the other clothing.

When mashing potatoes add the milk first, and then the butter; they will be found to be much whiter than when the butter is used first.

A poison of any conceivable description and potency may be rendered practically harmless by instantly drinking two gills of sweet oil.

After washing a cut glass article dry thoroughly and brush it over with powdered chalk. Use a soft brush, and go carefully into all the crevices.

White paint may be cleansed by rubbing it gently with a soft flannel dipped in a paste made of whiting and water, and adding a little soap powder.

Physicians assert that baked potatoes are more nutritious than those cooked

in any other way, and that fried ones are the most difficult to digest.

Too much care cannot be exercised in keeping clean the ordinary house broom. It is a fertile breeding place for the germs of grippe, smallpox, scarlet fever and other diseases.

Buttermilk is said to be very fattening, and is a good beverage for sedentary people, since it corrects certain physical disabilities. Hot buttermilk is recommended for colds.

For heartburn take half a tumbler of cold water to which has been added half a teaspoonful of carbonate of soda; squeeze the juice of a small piece of lemon, and drink while effervescing.

When knitting or fooling stockings, place the ball inside the leg, and pin the bottom loosely together with a safety pin. This will keep it clean, and save you the trouble of carrying an extra bag.

Egg stains may be removed from spoons, caused by using them with soft-boiled eggs, by taking a little common salt between the thumb and finger and briskly rubbing the stain, which will soon disappear.

For burns the most important point in their treatment is to at once exclude the air. Sweet oil and cotton are standard remedies, or flour and oil. Do not remove the dressing until the inflammation subsides.

Don't forget, if you need hot water for sudden sickness in the night, that four quarts of water over as many burners will heat enough faster than four quarts in one vessel to more than make up for the extra flames.

THE USE OF WIND POWER

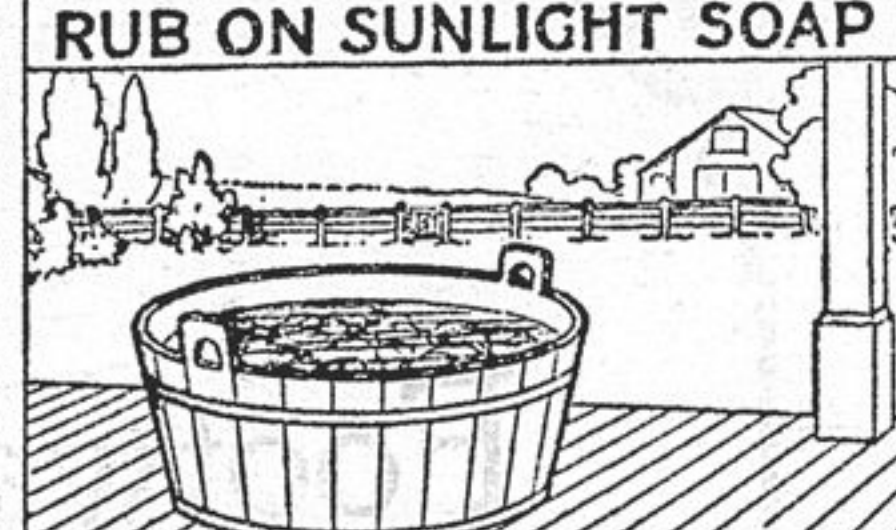
RESULTS OF EXPERIMENTS BY PROF. P. LA COUR.

A Surface Pierced With Openings Obeys the Action of the Wind Better Than An Unbroken One.

A windmill in which the vanes are arranged conically and have curved extremities is described in La Nature (Paris) by Mr. L. Ramakers, who asserts that comparative tests have shown its efficiency to be greater than any other now in use. Mr. Ramakers says that the common idea that the power developed by a windmill is proportional to the area of its vanes is not only false but absurd, according to the results of recent experiments made by the Danish professor, P. La Cour, who has established, under the authority of his Government, a special observatory for the study of the rational utilization of wind-power. Says Mr. Ramakers:

"The history of the accidental discovery of the principle on which the construction of the conical aeromotor is based is quite curious. Soerensen, a Danish builder of windmills, used to operate his own shop, an old mill of his invention, bearing ten wooden vanes. This motor, which was much worn, had four vanes carried away one day by a storm, and to the astonishment of its proprietor, instead of suffering, it worked better than before. The builder, struck

THE SUNLIGHT WAY



Sunlight Soap is better than other soaps, but is best when used in the Sunlight way (follow directions).

Hard rubbing and boiling are things of the past in homes where Sunlight Soap is used as directed.

Sunlight Soap will not injure even the daintiest fabric or the hands, and the clothes will be perfectly white, woolens soft and fluffy.

The reason for this is because Sunlight Soap is absolutely pure, contains no injurious chemicals—indeed, nothing but the active, cleansing, dirt-removing properties of soap that is nothing but soap.

Equally good with hard or soft water.

YOUR MONEY REFUNDED by the dealer from whom you buy Sunlight Soap if you find any cause for complaint. LEVER BROTHERS LIMITED, TORONTO

THE TONSILLITIS STOLE.

Latest Menace to the Health of Fashion's Devotees.

The latest decrees of fashion which threaten the health of the feminine community are the "tonsillitis stole" and the "neuragic hat."

"I believe that the prevalence of tonsillitis is entirely due to the new fashion of wearing the fur stole," says a London throat specialist.

"Ladies used to be more sensible, and if they wore fur ties, left them open at the neck. Now, because fashion has decreed that the wrap must be tossed over the shoulder, there will be a vast increase in diseases of the throat."

A surgeon at the Throat Hospital, Golden Square, London, was of the same opinion.

"The danger lies," he said, "in muffling up the throat for several weeks in cold weather, and lingering aside the wrap on the first mild day. It is well known that delicacy of the throat is induced by overclothing."

A fashionable milliner in Bond Street, London, bemoans the fact that the velvet picture hat is going out of fashion.

"They are very becoming," she said, "but ladies are discovering that their weight produces neuralgia, which, in time, will result in woman's greatest enemy—grey hairs. If velvet hats are required we must fashion the most gossamer of 'chiffon velours' into a miniature froque shape, which will be almost as fragile as swansdown."

THE BISHOP'S THOUSAND POUNDS.

The Bishop of London tells the following story: "I was sitting in my room one morning, very busy, when I was told that a lady wanted to see me. I was very busy, and almost said at first: 'Oh, I'm too busy to see anyone this morning.' But I thought, and said, 'No, I have made a rule never to refuse to see anybody, in case it is someone in trouble.' So I said, 'Let the lady come upstairs.' She came, and the first thing she said to me was this: 'I was going to ask you whether you can find a use in your work for £1,000?' I said: 'It is the very thing I have been wondering all morning how I was to get.' I showed her exactly what I was going to spend her £1,000 on, and the whole scene was carried out."

GOOD HEALTH.

Requires That the Blood be Kept Rich and Pure.

The secret of health—the secret of life itself—is good blood. Therefore a medicine that makes new blood and supplies the necessary material for rapidly rebuilding wasted nerve tissues, reaches the root of most of the serious diseases. For this purpose there is no medicine can take the place of Dr. Williams' Pink Pills.

They actually make new, rich, red blood, and through this new blood cure such diseases as anaemia, neuralgia, rheumatism, the special ailments of women, indigestion, heart troubles, St. Vitus dance, locomotor ataxia and partial paralysis. You can find evidence of the value of these pills in every part of the country, among others Mr. D. W. Daley, Crystal City, Man., says: "I have used Dr. Williams' Pink Pills with wonderful success. My blood was very poor, I was weak and nervous, suffered much from heart trouble, and was scarcely fit for work. I used nine boxes of the pills, and the result is I am again enjoying the best of health. I do not think there is any medicine on equal Dr. Williams' Pink Pills when the system is run down."

But you must get the genuine pills with the full name, "Dr. Williams' Pink Pills for Pale People," printed on the wrapper around each box. Ask your druggist for these pills or get them by mail from the Dr. Williams' Medicine Co., at 50 cents a box, or six boxes for \$2.50.

Many a man would rather carry a large jag than a small baby.

Consumption

There is no specific for consumption. Fresh air, exercise, nourishing food and Scott's Emulsion will come pretty near curing it, if there is anything to build on. Millions of people throughout the world are living and in good health on one lung.

From time immemorial the doctors prescribed cod liver oil for consumption. Of course the patient could not take it in its old form, hence it did very little good. They can take

SCOTT'S EMULSION

and tolerate it for a long time. There is no oil, not excepting butter, so easily digested and absorbed by the system as cod liver oil in the form of Scott's Emulsion, and that is the reason it is so helpful in consumption where its use must be continuous.

We will send you a sample free.

Be sure that this picture in the form of a label is on the wrapper of every bottle of Emulsion you buy.

Scott & Bowne Chemists Toronto, Ont.

50c. and 60c. all druggists

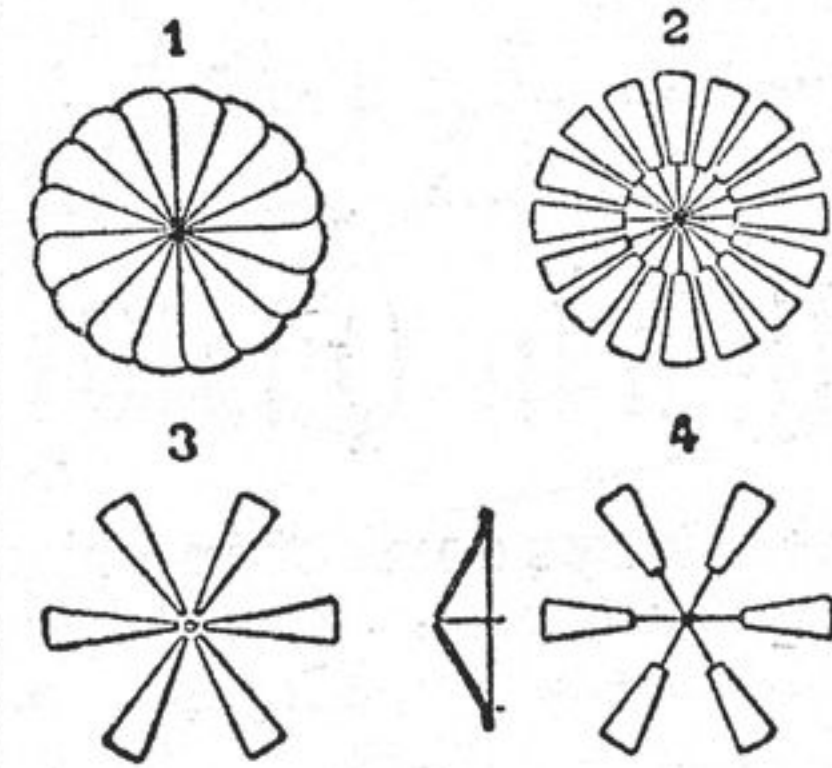


Fig. 1.—"Ventocrat" system.
Fig. 2.—"Rose of the Winds."
Fig. 3.—Old Soerensen Mill.
Fig. 4.—Conical Aeromotor.

by this demonstration, consulted Professor La Cour, who advised him to make his mills in future on the plan thus suggested by chance. Soerensen, a little later, presented to the La Cour observatory an aeromotor of conical form, having six vanes whose ends were slightly curved toward the summit of the cone. This motor was subjected to comparative tests with the best known types of windmill, including Soerensen's old motor-mills with more or less numerous vanes, narrow vanes, wide ones, more or less inclined ones, etc. All these mills had the same diameter and gave the following results.

"It was found that the conical aeromotor developed more power by nearly 50 per cent. than that of the 'ventocrat' type, whose surface is seven times as great; 31 per cent. more than the 'Rose des vents' type, with surface 2.8 times as great, and 29 per cent. more than that of the old Soerensen type, having a surface only 7 per cent. smaller.

"Whence comes this extraordinary efficiency of the conical aeromotor? First, the curved ends of the vanes offer a resistance against which the wind may exert its maximum force; then, the space that separates the vanes allows the wind to slide around them, and, carrying the air with it, to create a partial vacuum. The vanes consequently turn in a rarefied atmosphere . . . so that pressure on one side and aspiration on the other work together. The following experiment made at the La Cour observatory proves also that a surface pierced with openings obeys the action of the wind better than an unbroken one of the same size. There were set up two high fences of equal size and the same solidity, one of continuous planks and the other with spaces between the planks. The latter was overturned by the wind. "The effect of the wind is usually cal-

culated either in proportion to its speed in meters per second or according to a scale divided arbitrarily into 12 degrees. The conical aeromotor with curved vanes, of mean size, runs with a wind having a speed of about 4 meters (13 feet) per second.

"Aeromotors are usually blamed for their irregularity of action and their insufficient resistance to violent winds. These two inconveniences have now happily been obviated by the device of Messrs. Reuter and Schumann, of Kiel, which enables the vanes to be at once transformed into slats that may be opened or closed at will."—Translation made for The Literary Digest.

BABY'S HEALTH.

"When a child is well, give it no medicine." is a wholesome adage. But at the first sign of trouble the careful mother will give Baby's Own Tablets, which promptly cure indigestion, colic, constipation, diarrhoea, simple fevers and teething troubles. They contain not one particle of opiate or poisonous "soothing" stuff, yet they give refreshing sleep because they remove the cause of sleeplessness and the child awakens bright and well. Mrs. F. McIntosh, Wabigoon, Ont., says: "Baby's Own Tablets wrought a wonderful change in my little one. When he was two months old he began to fail and cried almost night and day. But after giving him the tablets he grew well and is now a bright, laughing baby, who scarcely ever gives any trouble. The Tablets are surely a blessing to both mother and child." All druggists sell these Tablets or you can get them by mail at 25 cents a box by writing the Dr. Williams' Medicine Co., Brockville, Ont.

PRODUCTION OF GOLD.

Scientist Believes It Disintegrates Into Some Other Parent Element.

Prof. Frederick Soddy, the eminent Glasgow University scientist, appears to have convinced himself at least that he has discovered the theory of the production of gold. Instead of working, however, as the alchemists of the middle ages supposed, through a process of the transmutation of the baser metals into gold, according to the Soddy theory, the process works the other way, and it is his opinion that gold is gradually disintegrating into other materials.

"Eighteen months ago," he said, "after my visit to the gold deposits of Western Australia and New Zealand, and by the information which all concerned in the industry so readily placed at my disposal, I became convinced that in all probability gold, like radium, is at once the product of some other parent element and is itself changing to produce 'offspring' elements."

Prof. Soddy is anxious to experiment on the millions of gold reserve in the Bank of England. He says:

"I confess to a feeling of impatience, to the sense of the inadequacy of the single lifetime, in my experiments on such small quantities of gold as I can purchase, when disintegrating at the same rate—if disintegrating at all—tons of gold are lying useless in the National Bank, their secret—possibly one that it much concerns the race to know—guarded from knowledge by every cunning invention that the art of man may devise."

Following up the same subject, Mr. Donald Murray surmises that silver is a disintegrated product of lead. He says: "A lead mine is a silver mine and a silver mine is a lead mine all the world over, and yet the chemical attraction between silver and lead is slight, and the two metals are not sufficiently common to concur by chance. Lead happens to present special facilities for experiments to test this surmise. It is cheap, and it would be a comparatively inexpensive matter to free ten tons of lead from all traces of silver by the usual crystallizing process, and then put it aside for ten years and test again for silver by the same process."