THE HOME.

SALT IN THE HOUSEHOLD.

Besides being a necessary ingredient in most kinds of cookery, an appetizing addition to many articles of raw food, and the prime necessity in catching a bird, the laundress puts a trifle of salt in her starch, adds it in larger quantity to the water, in which she washes ginghams and other colored fabrics, rubs it well into the spots where oxalic acid has been applied to remove iron stain to neutralize the acid; or smooths the flat iron by rubbing it upon salt sprinkled on a bit of paper.

The housewife adds a pinch to the water in her bouquet-holder that the flowers may retain their freshness; scours the tea or coffee stains from the cups with it; has a portion put in whitewash to make it adhere more closely to the surface where applied; obtains a good result by throwing a handful into the dull coal fire with no explosive results; or if the wood fire get beyond her control and the chimney catch fire a quantity thrown into the stove serves as a damper to the flames; if the brick gives way in her cooking range, a paste of equal parts of salt and wood ashes mixed with cold water and given a little time to harden well supplies the loss; for cleaning any article of brass or copper, salt with vinegar or a slice of lemon is called into use, and followed by brisk polishing, with a soft, dry towel.

In the nurse's department the "home doctor" applies the strong solution of salt and vinegar to the sprain; the heated saltbags, or salt mingled with hops, for the relief of severe pain; for a strong poultice beats together salt and the yolk of an egg; for inflamed eyelids or slight spots of skin poisoning uses the weak solution of salt and water; applies dry salt as a dentifrice, cleansing the teeth and having a most salutary effect on the gums; as a dry shampoo, rubbing salt into the hair at night to be combed out in the morning, leaving a clean scalp; administers salt straight for hemorrhage of the lungs or stomach; or a spoonful in a glass of cold water for nausea; for slight burns and fresh cuts, binds on the affected parts moistened salt; for neuralgia of feet or limbs, bathes those parts with the strong solution of salt in water as hot as is bearable.

The testimony of the "good book" is that "salt is good," and she who holds the threefold position of housewife, nurse and laundresss, as do many wives, must surely have often proven this true, and realized the terseness and strength of the utterance.

MOTHER'S BAG.

"Mother, where can I find some brown paper?"

"Mother, I want a piece of string."

"Mother, dear, I want an old handkerchief to tie up this cut finger."

Where is "mother" to find the supplies for these varied needs? A few steps will take her to a general and most convenient receptacle, which can be easily made by carrying out the following directions:

Cut off one and one half yards of blue denim, which comes twenty-seven inches wide. This will form the background of the flat bag which is to be suspended by gilt rings on the inside of a cupboard door in the mother's room. Blue denim is prettier made up with the light side out, and no trimming is so effective on it as soft white cotton skirt-braid, five pieces of which will trim the whole bag, and it can be purchased for twenty-five cents a half-dozen pieces. The shoe-bag at the bottom is ten inches deep, and divided into three compartments. Forty inches will allow the proper amount of fullness for all, and the three divisions may be made by strips of the white skirt-braid. Set a double umbrella-case in the centre of the bag. This should be cut twenty-seven inches long by fourteen wide, and set into a space on the background eleven inches at top and five inches at bottom. A little sloping toward the bottom prevents too much fullness. Run a strip of the white braid down the middle of the case to divide it, and set also a white strip all around. Set three pockets on each side of the umbrella case, one above the other. The foundation is now covered excepting at the top. On this set a pocket, cut forty inches long to give fullness, sewing two loops of braid at the top of the pocket and two on the foundation so that they can be tied together to prevent the fullness hanging over. The diagram explains itself, but any ingenious needle-woman can shape different proportions to suit different doors. However the size and shapes differ, an abiding comfort is derived from the use of the bag, and it will probably supply as many needs as did that celebrated "mother's bag" dwelt upon in The Swiss Family Robinson.

THE COUCH CHEST.

A most convenient piece of furniture has been placed on the market recently. It is a long, low box, fitted with a spring and a mattress. The box rolls on casters and can be used as a trunk, holding a great amount of clothing. At night it may be converted into a bed without disturbing the clothing it contains, and during the day it makes a handsome and comfortable couch, when covered with an Indian blanket or other heavy drapery of wool or silk. Where the housewife is short of closet or other store room, such a piece of furniture is most convenient, and if it is handsomely covered looks just as well in parlor, sitting-room or bedroom.

A handsome couch seen in a small home was made by the man of the house. The house was so tiny that there was not ample closet room, and as trunks took up too much space this idea was a happy one. The couch was made from a box five feet long, two feet high, and about three feet across.

The boxes in the couches one buys are larger, as they are generally used for beds, but this one does not serve that purpose. A good, stout cover was put on with hinges at the back. A thick, soft mattress was made by the little housekeeper, which just fitted this cover, and it was held in place by a few tacks. The entire box was then covered with plain olive green cambric, tacked on with brass-headed nails. The box rolled on casters, fastened at each corner. A large blanket drapery in imitation tapestry was thrown over the whole and was caught up at one end in a graceful fashion with a heavy cord and tassels. Four great, soft pillows, all covered differently—the handiwork of the mistress of this little home, made the couch a most comfortable place to rest.

DECAYED VEGETABLES.

Frequent examination of vegetables kept in the cellar is of the most importance during this month of typhoid fever and bowel troubles.

All vegetables and fruit should be looked after daily, and if there is a suspicion of decay, should be removed at once. Shelves should be wiped off, and every box or receptacle for vegetables should be kept scrupulously clean

Tomatoes soften quickly, and if one has a quantity of them on hand, will require much care to keep them from spoiling. Baskets of peaches should be picked over each day and decayed ones removed.

This vigilance is particularly important in country districts, and farmhouses, where the vegetables, in large quantities are stored in the cellar under the living rooms. In cities and larger towns, where the markets are close at hand, they are purchased usually in small quantities, sufficient only for a few days' supply.

PIES.

Pumpkin—Peel, core and slice fine, good mellow pumpkins, and cover with alum water—1 teaspoonful pulverized alum to 2 qts water. In three hours change alum water for salt water, which in three more hours is to be changed for fresh. Change the pure water several times during the next three hours, then drain and cover with vinegar. In the morning rinse in several clear waters, leaving them 15 minutes in every change. The alum is intended to draw out the pumpkin taste; the salt to purify it of alum. Prepare for pie-filling, as if it were apple, adding a teaspoon of molasses to the sugar, also the pulp and grated rind of one lemon to every three pies.

Mock Mince.—Three crackers, soaked in equal parts molasses and vinegar sufficient to moisten and soften them. Half the juice of 1 lemon, 1-4 its rind, cut fine and stewed in sugar and water, 1 cup each of currants and chopped raisins, pinch salt, spice to taste, citron, half size of an egg, sliced.

Raisin.—Cover pie plate with rich crust, turning up edge as if for custard. Set in oven while cooking filling. Filling: Three cups of milk, white of 1 egg beaten, spice, the desired flavoring, salt, 3 cups raisins, the mixture thickened with corn starch. Remove crust from oven, fill, replace and when filling is firm, cool, and frost.

FLOWER ICES.

Orange-flower Ice.—Make an infusion of four ounces of orange blossoms in two quarts of boiling water; cover and allow to stand for eight hours; strain, and add half a pint of orange-water and a syrup made from half a pound of sugar and a quart of water. Mix thoroughly and freeze

Carnation Ice.—Make an infusion as above of one pound of carnations and two quarts of boiling water. Make a syrup from one pound of sugar and two quarts of water, beat the yolks of six eggs; when well beaten add to them the syrup while still hot, so as to cook them. Place on the fire to thicken, but do not allow to boil. Strain the water, and add the eggs and syrup. Mix well and place in the freezer. When it begins to set add the well beaten whites of two eggs.

Jasmine Ice.—Dissolve twelve ounces of sugar in four quarts of boiling water; add six ounces of jasmine petals. Allow to stand until cold; strain and freeze

A STUDY LAMP.

Guest—What sort of a lamp is that?

Host—A study lamp.

Guest—Ah! Called that because it is for the study, I presume.

Host—No, called that because it takes a great deal of study to run it.

PLENTY OF EXERCISE.

High-Priced Doctor—You are now convalescent, and all you need is exercise. You should walk ten, twenty, thirty miles a day, sir, but your walking should have an object.

Patient—All right doctor. I'll travel around trying to borrow enough to pay your bill.

MATRIMONIAL DISCUSSION.

She—I presume you have forgotten, you outrageous brute, that you once promised me I should be the queen of the household.

He—Mebbe I did, but I didn't intend that you should be the boss, too,

A MODEL WIFE.

There is a man in Hamilton who has such a good wife, that in all his married life he can't remember that he ever found the salt-cellars on the table empty once.

WAY OUT ON THE PACIFIC.

INTERESTING NUGGETS OF NEWS FROM BRITISH COLUMBIA.

Items From the Coast and Mining Centres Pared Down to a Fine Point to be Taken in at a Glance.

Nakusp has an opium joint.

Snow fell in Rossland last week.

Trout Lake has a new paper—the Topic.

Rossland is said to be overrun with miners.

A Board of Trade is being organized in Kaslo.

A lodge of the I.O.F. has been organized in Silverton.

Work has been begun on the waterworks at Grand Forks.

Plans have been prepared for a new school house in Rossland.

The formation of a Board of Trade in Nanaimo is being agitated.

The school teachers of Chilliwack have organized a teachers' association.

Mr. William Stein has been appointed secretary of the Vancouver Board of Trade

It cost $52,337 to run Nanaimo from January 1st to September 30th, this year.

A Kaslo correspondent estimates the output of the Slocan at eight thousand dollars a day.

Crops of all kinds in the upper Columbia valley are described as being exceptionally good this year.

George H. Gooderham, the millionaire whiskey distiller, of Toronto, is visiting Rossland.

It is understood that the new Legislative buildings will not be opened this month after all.

The Kamloops exhibition, opened by Hewitt Bostock, M. P., on the 15th ult., was a great success in every way.

A Wellington, B. C., grocery firm is offering a complete Klondike outfit to the winner of a guessing competition.

Col. Baker is responsible for the statement that the C.P.R. is becoming highly popular with the people of British Columbia.

Sir William Van Horne, says the Crow's Nest road will be completed to the head of Kootenay Lake within a year.

The authorities have put a stop to the playing of "Black Jack," in Kaslo, but the Theatre Comique is still permitted to exist.

Rossland people are feeling happy over an intimation on the part of Premier Turner that a court house will be built there.

Three days' shipments over the K. & S. railway, from three mines— the Payne, Ruth and Whitewater — last week amounted to four hundred and thirty-three tons.

The Nanaimo Amateur Operatic and Dramatic Society has re-organized and will produce one of the lighter operas during the coming winter.

The cold storage warehouse established at Revelstoke by Prof. Robertson, of the Dominion Agricultural Department, is proving highly successful.

The new telephone line which the Nelson and Vernon Telephone Company is building from Trail to Nelson is rapidly nearing completion and will probably be in running order soon.

At the Vernon fall Assizes, Mrs. Euphemia Rabbit was found not guilty on a charge of murder, and "Wild Goose Bill," who stabbed C. D. Pooler, last August, was sent to jail for a year.

Editor Lowrey, of the New Denver Ledge, in announcing his intention of visiting the coast, expresses the hope that he will not be mistaken for a country parson in search of a conference.

It is announced that the Slocan Star has declared another dividend of fifty thousand dollars, and the Whitewater one of twenty-four thousand dollars—the largest in its history. So far the Slocan Star has declared dividends amounting to four hundred thousand dollars.

Vancouver and San Francisco will shortly be connected by telephone. The route is from Vancouver on the north, through Whatcom, Everett, Seattle, Tacoma, Portland, and thence to San Francisco. It will be one of the longest lines in America.

The British Columbia Review, published in London, Eng., charges that most of the B.C. mining properties offered for sale on the London market have been of the shoddy variety and intimates that they were not worth the money paid for them.

Mrs. Lang has received a verdict of twenty thousand dollars against the city of Victoria. The widow receives seven thousand five hundred dollars, and each child two thousand five hundred. The suit is an outcome of the Point Ellice bridge disaster, in which Dr. Lang, the husband of the plaintiff, was killed.

For the three months, ending September 30th, the Payne mine shipped 4,082 tons, the Ruth 3,110, the Whitewater eight hundred and sixty-six, the Great Western two hundred and forty-seven. The Slocan Star, Noble Five, and Goodenough, all concentrating propositions, shipped respectively 420, 468 and 399 tons. Other mines in the Slocan district shipped from 15 tons to 120.

The Western Mining World, in speaking of British Columbia, says that "Boundary is the greatest copper district yet discovered. But it is fruitless to-day as the barren sands of the Sahara merely because it lacks smelters and railroads. All the fabled wealth of India is not comparable to the wealth which this district will yet yield. The Spokane Falls & Northern has its line surveyed into Boundary and at the first opportunity that company will build up the Kettle River to tap the riches of that section."

NEW DISCOVERY IN AFRICA.

Interesting Facts That Mr. Cavendish Brings from the Lake Rudolf Region.

It was reported about three weeks ago that a young man named H. S. H. Cavendish, who has titled relations, a fortune, and proclivities as a sportsman, had been murdered in Somaliland. The story of the tragedy was spoiled the other day, when Mr. Cavendish turned up in London with an account of his extensive travels in East Africa and the interesting discoveries he had made. He was away only a little over a year, and he and the eighty men in his caravan had exciting adventures with the natives, who gave him some hard fights. Of course, the Gallas got the worst of these encounters, and Cavendish did not lose a man during the year's journey, which is a remarkable record.

He says he found coal both east and west of Lake Rudolf that burned well, and there was a good deal of it. If his report is accurate, this news is interesting for coal has not been found hitherto in any part of tropical Africa, except for some distance along the Zambesi River.

Most of the region around the two lakes, Stefanie and Rudolf, is pitted with ancient craters and Cavendish found the most remarkable crater that has yet been discovered in the district. The natives call it Sodigo Vo, and it is about a mile and a half wide and 1,300 feet deep.

His predecessors in this lake region were Teleki, Donaldson, Smith and Bottego none of whom have given the world any idea of the country to the west of Lake Rudolf. It may be, however, that the records of the Bottego expedition a part of which were recovered after the massacre of his party will contain information about the west side of the lake, for it is said that Bottego visited that district. Cavendish supplies the first information of that region. He ascended a mountain

5,000 FEET HIGH,

at the north end of Lake Rudolf, from which he had an extensive view of the country to the west. He says it is a mass of mountains, entirely uninhabited, and exceedingly difficult to traverse. He journeyed west of the lake and traced the whole of the west shore, hitherto unplotted on our maps. For a width of about fifty miles it is quite flat, when the land rises suddenly into the mountains. It is subject to very great variations, often flooding the country all around.

Count Teleki found at the south end of Lake Rudolf, the only active volcano then known in Africa. Two years ago, Dr. Donaldson Smith found this volcano still in a state of eruption but Cavendish now reports that it has been shattered by a great convulsion and where it stood there is now a plain of lava. He discovered another lake south of Rudolf in which was a volcano that had also been shattered, killing the fish in the lake, whose bodies covered the shores.

Round the shores of Lake Stefanie the explorer had some excellent sport, and it was here that he was caught by a wounded elephant. "My escape," said Mr. Cavendish, "was nothing less than miraculous. The great beast, mad with rage, was charging me, when, at the critical moment, my gun failed, and I had to run. But the elephant soon caught me, and going on his knees tried to pin me to the ground with his tusks. Failing in this, he caught me with his trunk and flung me round under his body with the idea of crushing me to death. How I escaped I do not know, as I was in this situation for half an hour. At the end of that time the great brute got up, and kicking a piece of wood, which he doubtless took to be my dead body made off to his retreat. Curiously enough I had no bones broken, but I was covered with blood."

Mr. Cavendish is only 21 years old. He has certainly had some remarkable experiences and has brought home information of value.

AN INTERESTING COMPARISON.

Greater New York and London Compared Socially and Criminally.

The London Local Government journal makes an interesting comparison between Greater New York and the English metropolis. It asserts that Greater London is double the size of New York, has double the population, more than twice the number of police, and only half as many firemen. London has four times as many scholars in her Public schools ,but only 25 per cent. more teachers. She has more public libraries, but not so many in proportion to her population. She has half as many more hospitals as New York and 9 more cemeteries. In New York there is a church or chapel for every 3,000 persons, and in London one in 4,000. The London debt is 35 per cent. lighter for each taxpayer. In New York organized charity relieves one family in every 200, but in London one family in 45 is maintained by the ratepayers. In the matter of crime, particularly housebreaking and burglary, London is better off. If the crimes in London under these heads were in the same proportion as in New York, there would be 2,000 instances a year, whereas there are only about 100 more than in New York.

EXTREME NERVOUSNESS

FREQUENTLY BRINGS ITS VICTIM TO THE VERGE OF INSANITY.

The Case of a Young Lady in Smith' Falls Who Suffered Severely—Given Up By Two Doctors—Dr. Williams' Pink Pills Have Restored Her Health.

From the Smith's Falls News.

Mamy cases have been reported of how invalids who have suffered for years and whose case had been given up by the attending physician, have been restored to health and vigor through that now world-famed medicine, Dr. Williams' Pink Pills, but we doubt if there is one more startling or more convincing than that of Miss Elizabeth Minshull, who resides with her brother, Mr. Thos. Minshull, of this town, an employee in Frost & Wood's Agricultural Works. The News heard of this remarkable case, and meeting Mr. Minshull asked him if the story was correct, He replied: "All I know is that my sister had been given up as incurable by two physicians. She is now well enough to do any kind of housework and can go and come as she pleases, and this change has, it is my honest conviction, been brought about by the use of Dr. Williams' Pink Pills. Mr. Minshull than related the following story to the News:—"My sister is twenty years of age. She came to Canada from England about ten years ago, and resided with a Baptist minister, Rev. Mr. Cody, at Sorel, Que. In April, of 1896, she took ill and gradually grew worse. She was under a local physician's care for over five months. The doctor said that she was suffering from a complication of nervous diseases, and that he could do little for her. The minister with whom she lived then wrote me of my sister's state of health, and I had her come to Smith's Falls, in the hope that a change and rest would do her good. When she arrived here she was in a very weak state and a local physician was called in to see her. He attended her for some time, but with poor results, and finally acknowledged that the case was one which he could do very little for. My sister had by this time become a pitiable object; the slightest noise would disturb her and the slightest exertion almost make her insane. It required someone to be with her at all times, and often after a fit of extreme nervousness she would become unconscious and remain in that state for hours. When I went home I had to take my spots off at the door-step so as not to disturb her. When the doctor told me he could do nothing for her, I consulted with my wife, who had great faith in Dr. Williams' Pink Pills, as she knew of several cases where they had worked wonderful cures, and I concluded it would do no harm to try them anyway, and mentioned the fact to the doctor. The doctor did not oppose their use, but said he thought they might do her good, as they were certainly a good medicine. In September of last year she began to use the Pills, and before two boxes had been used, she began to show signs of improvement. She has continued their use since, and is today a living testimony of the curative power of Dr. Williams' Pink Pills." Mr. Minshull has no hesitation in sounding the praises of a remedy that has worked such a change in the health of his sister and cheerfully gave the "News" the above particulars, and when asked to do so most willingly signed the following declaration:—

Smith's Falls, Sept. 11th, 1897.

I hereby make declaration that the statements in above as to the condition of my sister, and the benefit she received from the use of Dr. Williams' Pink Pills are absolutely correct.

Thos. Minshull.

iWtness, J. H. Ross.

BLACK HENS' EGGS.

The other day a woman went into a grocer's and said: I want two dozen hen's eggs. They must all be eggs laid by black hens.

The grocer said: Madame I am willing to accommodate you, but you have got the best of me this time. I don't know how to tell the eggs of a black hen from those of a speckled or white one.

She said: I can tell the difference mighty quick.

If that is so, madame, you will kindly pick out the eggs for yourself!

She did so, and when the two dozen were counted into her basket, the grocer looked at them and said suggestively: Well, madame, it seems as though the black hens laid all the big eggs.

Yes, she said that's the way you tell them.

WILLING TO WAIT.

Miss De Rich—Now, my love, you must ask Pa.

Mr. De Poore—Oh, I'm in no hurry. Let's wait.

I do not object to a long engagement, if it is your wish, but how long?

Um—er—how old is your pa?

AMUSED THEM.

How did your French go in Paris, Mrs. Parvenu?

Beautiful! They were really tickled with it.

TOO ATTRACTIVE.

He—Oh, my dear, if they had ladies' faces on them we never would be able to pass them!

FOR TWENTY-SEVEN YEARS

DUNN'S BAKING POWDER

THE COOK'S BEST FRIEND

LARGEST SALE IN CANADA