About the ....House

A PRETTY BEDROOM.

Many young ladies worry because their fathers cannot furnish and refit their rooms when with a little money and some effort on their part, they might do a great deal toward improving their appearance writes a correspondent. A young lady of my acquaintance has just succeeded in making a pretty room of one that looked shabby and forlorn when she began. It was a cold north room, nine by twelve, with a large double window in the end, woodwork that needed paint, and walls upon which the paper had grown dingy and soiled from long use. Not a prepossessing place surely. The first thing to be done was to clean the paint on all the woodwork by scrubbing it vigorously. Then she purchased some ready mixed paint, a yellowish brown color, and a paint brush and set to work. The windows, doors and baseboards received two coats of paint, which improved its appearance wonderfully. Then she tore all the old paper from the walls, and bought new paper with a cream colored ground upon which was a design in golden brown and a little pink. With the help of an accommodating brother, it was soon hung and the room was ready for furnishing.

A carpet was needed, of course, and an ingrain or brussels was out of the question on account of the cost, so she collected all the rags she could find for a new rag carpet. There were several sheets, pillow cases and other white pieces which would make the carpet too light. So they were dyed yellow, red and green with diamond dye for cotton. All the rags were torn in narrow strips, sewed and wound into balls. The chain was arranged in stripes, the prevailing shades being brown and canary; the rags were woven hit or miss, and when it was put down the effect was very good indeed. The furniture was all cleaned and varnished, the windows shaded with cream colored scrim curtains, and a cover of yellow silkoline draped on the clock shelf. The bed was covered with a white spread, and the pillows with hemstitched slips. The cover for the head-rest and cushion of the rocking chair were of yellow silkoline. One who has never tried it, will be surprised to see how bright and cheerful a north-room can be made by choosing the proper colors in the furnishing.

Upon a survey of the room our young friend found that one important item had been forgotten—there were no rugs, and after giving the matter considerable thought, she again sought her old friend the rag-bag. She selected the woolen rags this time, both new and old, little pieces were left from dress making and quilt piecing, and the best parts of several worn dresses. The latter were dyed various shades of brown and red with diamond dyes for wool, and after they were rinsed and dried the work began. The strips were cut bias about one inch wide and any length they happened to be. They were gathered through the middle upon coarse thread, and when necessary to join the strips, the ends were lapped and gathered through them instead of sewing them together. The colors were placed hit or miss, for the greater the variety, the prettier they will be. When enough strips had been gathered for the rugs, they were taken to a weaver, who furnished the chain and did the weaving, making each of the rugs thirty inches wide and one and one-half yards long. One was placed beside the bed, one in front of the dresser and the other at the door. A few articles of fancy work were scattered and other things that suggested the tastes and occupations of the young lady who occupied it. Try her plan, girls, and see what a pleasant cozy place your room will become.

DOMESTIC RECIPES.

Spiced Apples.—Fruit was scarce and somewhat high-priced in many places last summer and less was put up than usual. To eke out a deficiency, try spiced apples. Make a syrup of equal parts of sugar, water and vinegar adding some whole cloves and stick cinnamon. When boiling, put in firm, tart apples pared and quartered. Simmer gently till tender, but do not let them break. Take out with a skimmer, boil the syrup until thick and pour over the apples.

Grape Sponge.—A light and dainty dessert is grape sponge, particularly good after the hearty, heavy holiday dessert. Soak one-fourth of a box of gelatine in one-fourth of a cup of cold water, setting it in hot water to dissolve. Dissolve a cup of sugar in a cup of grape juice, add the juice of a lemon and strain into the dissolved gelatine. Set the mixture in ice water to cool, stirring occasionally. Beat the whites of three eggs to a stiff froth and when the gelatine mixture begins to thicken add it gradually to the beaten whites, beating till the whole is very light and stiff enough to keep its shape. Serve with plain sweet cream slightly sweetened.

Salmon Loaf.—Mince a can of salmon, add a cup of stale bread crumbs, two beaten eggs and half a cup of milk. Season to taste with salt, pepper, parsley and lemon juice. Put in a mold and steam or bake for half an hour. Turn from the mold and serve hot with a white sauce. Quickly prepared, and good in case of an emergency.

A WORD TO MOTHERS.

There is no disputing the fact that the responsibilities of motherhood lie too lightly upon the hearts of many. It is an awful responsibility to give life and being to a soul who may or may not become a good and useful citizen, whether male or female. This thought too rarely comes until late in life, when the cares and probable disappointments force it upon the mother. If only young mothers could realize this and begin with the dawn of intellect to train this heart and soul for eternity, more carefully than for time, life would hold for them more pleasures and the afternoon of life find fewer clouds in its sky. The responsibilities thus wisely met would add greater pleasure and comfort to the mother and prove a beneficial legacy to humanity.

Let your child always go to sleep with a glad thought in its heart and a smile on its face. The next morning, as it springs from its bed, the glad thought will burst out in songs, and the smiles in shouts of laughter. If a wrong has to be reproved, let the child be assured of forgiveness and let the mother be assured that forgiveness is accepted before the eyes shall close. Let the child fall asleep loving all and assured of the love of all.

HINTS TO HOUSEKEEPERS.

If you suspect that you have a tough steak of "elderly" mutton chops, rub the meat over with cut lemon. To lay the meat in vinegar for a short time exercises a beneficial influence in softening the fiber.

A good housekeeper insists that both economy and comfort are served by the close tufting of hair mattresses. Out of one good, thick mattress two can be made, she says, if closely tufted—not more than four inches apart. Thus it would be possible to take a mattress for a double bed and by close tying make two for single beds out of it. It is not a pleasant job, nor a light one, but with a sewing machine and a mattress needle it may be done at home.

A home-made bluing that will not rust the clothes requires 5 cents' worth of Chinese blue and 2 cents' worth of oxalic acid, added to two quarts of rain water. Bottle, and keep where it will not freeze. One teaspoonful will blue ten gallons of water.

Kerosene oil and whiting, mixed, will remove iron rust. It also cleans tins perfectly, and removes the discoloration from porcelain baking dishes.

They say that in popping corn, the results are much better if the kernels are moistened before being put in the popper. After the corn is in the popper—there should be only enough to cover the bottom—pour over it slowly a large cup of water; shake the water off, pass the popper over the fire, high up, to let the kernels swell a little, then pop as usual.

HOW TO PRESS SLEEVES.

In pressing sleeves, which is the bane of the amateur's life, keep a wooden rolling pin for that purpose alone. Insert in the sleeve, and the pressing of seams and wrists also is as easily done as though it were a flat surface. Cover pin with flannel. Keep a heavy piece of flannel to lay over the ironing board when pressing wool goods. This prevents the shiny spots so objectionable in a finished garment.

PERSONAL POINTERS.

Gossip About Some of the World's Prominent People.

Mr. John D. Rockefeller is forbidden by his physician to eat anything which has been cooked, not even bread or cakes. His diet is confined to uncooked meat, with eggs and vegetables.

The late Alexander von Hofmeyer, of Frankfort-on-the-Main, was an indefatigable collector of zoological specimens. Of birds' eggs he had more than 10,000, representing about 1,500 species, while another of his collections included over 30,000 butterflies.

Some time ago West Ridgeway was about to take his passage to Ceylon to assume his position of Governor, but finding that the rules of the English liner would separate him from his dog, to whom he is so much attached, he actually gave up the English vessel and went out in a German steamer, where a dog is not necessarily regarded as a steerage passenger, but is allowed the freedom of the quarter-deck.

Pope Pius is a moderate smoker. Italian priests, even of the humbler ranks, do not consider it clerical decorum to smoke in public; and Cardinal Sarto has always observed this rule, but in private he enjoys a good cigar. Like Pius IX., the new Pope is musically inclined. Pius IX. was a proficient player on the piano and organ and sang the Mass in a rich baritone voice. Pius X. has similar accomplishments.

Lady Henry Somerset, the well-known temperance enthusiast, is probably the only person living who ever administered a rebuke to Queen Victoria. It was more than forty years ago, when Lady Isabel Somers-Cocks, as she then was, was a tiny maiden of about seven summers, with an adequate idea of her own importance in the scale of creation. The Queen, one day, seeing the little lady sitting demurely alone, walked towards her, and patting her cheek, said: "And so you are little Isabel?" This was familiarity which the daughter of an Earl could not brook; so, tossing her pretty little head, she answered, loftily: "I am 'Lady' Isabel, if you please."

The Duchess of Abercorn possesses a unique ornament. It is a gold chain, from which hang thirteen amethyst lockets. The central one is large, and those on either side decrease in size till they reach the clasp at the back. A pretty story is attached to the necklace. The Duchess has had thirteen children. When the first was born her husband asked her what gift she would like from him. She chose an amethyst locket, and after the birth of each of her children she received another locket to add to her chain.

Canon Benham, the Rural Dean of the City of London (East), is the son of a working blacksmith who lived at West Meon, in Hampshire. As a small boy he attended the National school there, and the parson, taking a fancy to him, had him educated. When the present parish church was built he was a boy in the choir, and at the jubilee of the consecration he preached the sermon. The Canon is a great archaeologist, and there is little concerning the City churches which he does not know.

King Oscar of Sweden is a great botanist, among other things, and once when out engaged in this very favorite occupation he met M. Gustave Bonnier, the celebrated botanist, similarily employed. M. Bonnier did not recognize the King, and, after the two had fraternized for some time, he invited His Majesty to lunch at Ar with him. "No," said the King; "come and have lunch with me." The botanist only realized on reaching the palace the identity of his unknown friend, and then endeavored to excuse himself. "I am sorry you mind," said the King; "unfortunately, I am the King of this country, and I have nowhere else to entertain my friends." But M. Bonnier was soon set at his ease.

Mr. Aston Webb, R.A., is the architect of many things, his own fortune and his house near Ladbroke Square, London, among the number. Mr. Webb's house is a pleasant oasis in a desert of sameness, with its quaint pillared porch and overhanging bow window. It contains a number of art treasures, one of the most remarkable being a portrait of Queen Elizabeth, which is supposed to have been painted from life. It was found behind the panels in an old Sussex cottage, and hangs in its original frame in Mr. Webb's hall.

When the boy King Daudi Chua of Uganda appears on State occasions he sits on his best throne (he has a second best one for less important functions), which is upholstered in red velvet and decorated in red, blue, and gold. He holds a toy gun in his hand and has a leopard skin, the emblem of Royalty, under his feet. At other times his costume seems far from regal. It consists of a long shirt with a tweed coat over it, a linen toga, and an embroidered Indian cap. He knows only a few words of English, and is described as a quiet, dignified boy, well grown for his age, yet somewhat frail.

ON THE GRAND BANKS.

Hazardous Life of the Newfoundland Fishermen.

There is no modern industry that causes more suffering and death in proportion to the number engaged in it than the fishing on the Grand Banks, neither is there any the daily record of which is a more inspiring story of heroism and self-sacrifice. On the Grand Banks, those vast submarine shoals which lie about one hundred miles off the coast of Newfoundland, there gather every year some twelve hundred vessels carrying twenty thousand men or more. A writer in Frank Leslie's Popular Monthly describes the fishermen's life at the Banks as follows:

The captain and cook remain on board, while the rest of the crew, numbering anywhere from twelve to twenty men, go out daily a few miles from the ship in dories to set the trawls. The dories are flat-bottom boats so built that they "nest" into each other like cheese-boxes when they are piled up on the vessel's deck. They carry two men, each of whom works a pair of oars, and, frail skiffs as they are, they make splendid weather when well handled.

The trawls, which are long lines with hooks attached to them at intervals, are overhauled and baited every morning by the men, and the fish carried back in the dories to the ship, there to be cleaned and salted.

The perils of this kind of fishing are very real and very great, not only to the vessels from the sudden and violent storms which sweep that part of the sea, and from the ocean liners racing through fogs across these anchorage grounds, but still more to the men in their dories looking after the trawls. It happens again and again during every season that fishermen, separated from their schooner by sudden squalls and lost in the waste of waters, drift about for days, suffering from cold, hunger and every attendant misery, and often perish miserably or are permanently crippled from frost bite.

There is no lack on the Banks of stories of quick acts of heroism or tales of suffering. During a furious gale on the Banks Henry George, one of the crew of the Newfoundland schooner Pioneer, was swept overboard by a wave. A comrade, Joseph Mooney, grabbed a bait plank as a support and sprang after him, cumbered though he was with his oil clothes and sea boots. Mooney first worked off his foot-gear and then his coat, and swam for his chum. George was floating unconscious on the surface of the water, having been thrown against the bulwark and hurt as he was flung over the side.

After a long struggle Mooney reached him and gripped him by the collar with one hand, while with the other he held the frail plank in position between them. In this perilous plight the two men remained for three hours, until the schooner was able to beat back to them. The sea was running mountains high, and it was feared a dory could not live in it.

To lessen the risk for the skiff and the men in the water, the schooner had to be run down almost sheer upon the men, and then a dory was launched bodily by a mighty heave by the rest of the crew, and in the "lull" created under the sheltering lee of the craft the rescue was accomplished.

George had not recovered consciousness, and lay like a log. Mooney was at the last gasp. He had not only suffered the buffeting of the waves and the chill of the cold, but besides the effort of keeping his comrade on the plank he had to swim most of the time. He fainted when he was dragged into the boat, but his grip was so tight on his companion's collar that his fingers had to be pried open with a marlinspike.

Carrie—"Harry has proposed at last." Bessie—"I always said he thought a great deal of you." Carrie—"I don't think it was that. He found out that Fred Morris thought a great deal of me."

DR. A. W. CHASE'S CATARRH CURE ... 25c.

is sent direct to the diseased parts by the Improved Blower. Heals the ulcers, clears the air passages, stops droppings in the throat and permanantly cures Catarrh and Hay Fever. Blower free. All dealers, or Dr. A. W. Chase Medicine Co., Toronto and Buffalo.

Brain Controls Every Muscle

Injury to Brain or Nerves, Deficiency of Nerve Force Mean Paralysis and Helplessness.

Dr. Chase's Nerve Food.

Every muscle of the body controlled by the will is connected with the brain, and every muscular action is originated by nervous force, generated in the brain and transmitted along the nerves to the muscles.

When the nerves are injured or diseased, when there is a deficiency in the supply of nervous energy, paralysis, locomotor ataxia or some form of helplessness results because the brain no longer has control of the muscles.

It may be weak heart action, inability to digest food, failure of the lungs to purify the blood or impaired action of any of the vital organs, but the cause of trouble is with the nerves.

The restorative action of Dr. Chase's Nerve Food is soon felt throughout the entire system, because it restores the vigor and vitality of the nerves—fills them with new nerve force, the vital power of the body; weakness, nervousness, irritability, sleeplessness and low spirits disappear and new energy and strength take their place.

Mrs. C. Corkey, 32 Maine street, St. John, N.B., states:—"I had been in very poor health; and, in fact, when I began using Dr. Chase's Nerve Food I had just got up from a bed of sickness, my nerves were in a bad state, I was weak and could not sleep. Now I am getting up in years, and, of course, could not look for immediate results, but must say that I have been delighted with the use of this preparation, as it has done me a great deal of good. I am now able to sleep very much better, my nerves are steadier and my strength is gradually increasing."

Dr. Chase's Nerve Food, 50 cents a box, 6 boxes for $2.50, at all dealers, or Edmanson, Bates & Company, Toronto. To protect you against imitations, the portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.

WOMAN'S BURDENS.

THE HEALTH OF MANY WOMEN IN A PRECARIOUS CONDITION.

Headaches, Pains Easily Accounted For and Functional Derangements Make Life Miserable.

Throughout the length and breadth of Canada there are thousands and thousands of grateful people who admit that they owe health and strength to the use of Dr. Williams' Pink Pills, and who speak always—as they should do—in terms of warmest praise of this medicine. Among the many friends Dr. Williams' Pink Pills have made there is perhaps none more enthusiastic in speaking of the pills than Mrs. Edward Atcheson, of Orangeville, Ont., who for two years suffered intensely, but at last found a cure through the use of this remedy. To a reporter of the Orangeville Sun, Mrs. Atcheson said: "Three years ago I became very much run down. My appetite almost vanished, I grew pale, was subject to headaches, dizziness, palpitation of the heart and a ringing noise in the ears. I tried several medicines, but they did not help me, and I was consequently much depressed and feared I was doomed to go through life a chronic invalid. One day I read the cure of a woman whose symptoms were almost identical with my own, through the use of Dr. Williams' Pink Pills. I sent for a box, and by the time it was finished I was sufficiently encouraged to send for another, and so on until I had taken six boxes, when I was in every sense of the word a different person. Every symptom of my late illness had vanished, and I was once more enabled to look after my household duties with old-time health and vigor. I feel that I owe all this to Dr. Williams' Pink Pills, and I cheerfully recommend them to other weak and suffering women."

Dr. Williams' Pink Pills are a real blessing to all weak, weary women. They build up the blood and cure all the functional ills from which so many women suffer in silence. These pills may be had from any druggist, or will be sent by mail at 50 cents a box or six boxes for $2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont. Remember that substitutes cannot cure, and see that the full name, "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around each box.

LIGHT OF COMING AGE.

Mercury is Heated to Incandescence by Electricity.

The new vaporized mercury light is being experimented with considerably in Boston. A remarkable attribute of the new illuminant is that it casts almost no shadow! Imagine that, ye devotees of physics, who have always believed as firmly that there could be no light without a shadow as that there could be no two mountains without an intervening valley.

The lamp consists of a 50-inch glass tube containing mercury, which by electrical current is heated to incandescence. It is 10 times as efficient as an incandescent for giving candle power. The actinic quality of the light is far superior to any other form of artificial light.

Photo engravers find that better work is obtained by the use of these lamps in one-half the time and for one-seventh the current consumption of arc lamps.

The lamps are also useful for photographers and all forms of printing. They are especially adapted for machine shops, drafting rooms, office and the like, because of the pleasing quality of the light. Lord Kelvin, of the British Association for the Advancement of Science, has said that it is the most important electrical discovery of the past decade.

HEALTH FOR BABY IN WINTER

Winter is coming on when baby will of necessity be confined to the house a great deal. Unless his constitution is rugged the close confinement will soon tell on his health. An occasional dose of Baby's Own Tablets will act as a safeguard during the winter months. If begun before the winter arrives mothers can be reasonably certain that their little ones will retain good health during the months of indoor confinement. Baby's Own Tablets cure indigestion, sweeten the stomach, break up colds, prevent croup, regulate the bowels, and keep baby healthy and happy. Concerning the Tablets, Mrs. G. G. Sawyer, Clarenceville, Que., says: "I have used Baby's Own Tablets for my little girl and find that they are the very best medicine that I can give her."

Baby's Own Tablets are sold at 25 cents a box by all medicine dealers or may be had direct by addressing The Dr. Williams' Medicine Co., Brockville, Ont. Remember they are guaranteed to contain no poisonous drugs—they cannot possibly do harm and always do good.

"I am doing my best to convince George that I am economical." "What have you done?" "I have worn the same dress twice."

"Sweet and Twenty"—"My face is my fortune." He (forty, yet ardent)—"And let me assure you, my dear, you have spent none of it."