About the ....House

HINTS FOR HOME LIFE.

In polishing the stove put a paper bag over the hand and you will thus avoid dirtying the fingers.

If you have no oil handy take a lead pencil and rub on the squeaking hinge, and it will stop squeaking.

Carrots should be cleansed by being brushed in water. They should never be scraped, which causes them to lose their flavor.

To clean baths and bedroom ware, rub with dry salt. This removes all dirt, does not injure the surface, and leaves all bright and shining.

After doing work which has made your hands very dirty, rub with olive oil before washing. This loosens the dirt and they will be far less trouble to get clean.

When cleaning wall paper use a firm dough made of flour mixed with a little washing soda. This soda will not spoil the paper and the work will be done more rapidly.

Light is an enemy of bacteria. Make provision then to have proper lighting as well as ventilation through all parts of the kitchen, including the pantry and cupboard.

Waterproofing for boots can be made by mixing a little mutton suet and beeswax together. Rub this on the soles of the boots and lightly over the edges where the stitches are.

The following is a good polish for oilcloth—Save all candle ends and melt in the oven. Mix with it sufficient turpentine to make a soft paste. This is excellent for linoleum, etc.

It is not generally known that wringing out a cloth in hot water and wiping the furniture before putting on furniture cream will result in a very high polish, and will not finger mark.

To keep sponges soft and white wash them in warm water with a little tartaric acid in it, then rinse in plenty of cold water. Take care not to put in too much tartaric acid or the sponges will be spoiled.

Delicious sandwiches may be made by spreading one slice of bread with butter beaten to a cream, and the other with honey. The honey must be used sparingly, so that it will not ooze out on the fingers of the eaters.

Do not waste the broken bread. After rolling it so as to form crumbs place these crumbs in a covered vessel. They will keep there for six months if necessary, and always will be available when wanted in cooking.

An excellent grease eradicator for family use is made thus—Boil one ounce of soap cut small in one quart of soft water, add a teaspoonful of saltpetre and an ounce and a half of ammonia. Keep this fluid in a bottle, corked tightly.

To choose a ham.—Run a knife along the bone of a ham; if it comes out clean and has a savoury odor, the ham is good: if smeared and dull, it is either spoiled by taint or is rusty. Hocks and gammon of bacon may be tried in the same way.

When soot falls upon the carpet or rug, never attempt to sweep it up at once, for the result is sure to be a disfiguring mark. Cover it thickly with nicely dried salt, which will enable you to sweep it up cleanly, so that not the slightest stain or smear will be left.

To remove traces of petroleum from either vessels or material try lime water, which rapidly emulsifies it and effectively removes all trace of smell. Bottles that have contained petroleum will be speedily cleaned and rendered quite odorless if washed out with water and a little lime. Petroleum lamp reservoirs can be washed out more easily thus.

All mattresses, whether used by children or adults, should be thoroughly beaten once a fortnight. Set in the sun by open windows when possible; in this way the white dust that comes from the body is not allowed to lie on the creases of the mattress covers. A good rule is to have the mattresses brushed regularly one day in each week.

For Scotch shortbread take one pound of flour, one-pound of butter, one-quarter pound of sugar. Work the sugar and butter into the flour with the hands until it clings together, then make in a square. Pinch the edges all around. Bake in hot oven for about twenty minutes. If desired, you can put little candy comfits around the edges.

Baked Spanish onions make a nice change when green vegetables are getting scarce. Take three or four Spanish onions with their skins on, and plunge into boiling water, and let them boil quickly for an hour. Then drain perfectly dry, wrap each onion up in buttered paper, and bake for about two hours. Remove the paper and skins, and serve the onions in a thick brown gravy.

GOOD RECIPES.

Molasses Gingerbread.—To one cup of sugar, one-half cup of butter and two cups of Orleans molasses well-mixed together, add one egg, one cup of sour milk, one teaspoonful of soda, one tablespoonful of ginger and sufficient flour for a thick batter.

Banana Foam.—Carefully break up four bananas with a fork, stir in one cup of sugar, the whites of two eggs and the juice of half a lemon, then beat together for twenty minutes. This foam may be used on bananas, lady fingers, sponge cake or on any fresh berries.

Potato Souffle.—Peel six medium sized potatoes and put on to boil. When done drain and mash in a saucepan over the fire; add an ounce and a half of butter and half a teacupful of milk, seasoning of salt and pepper and beat till perfectly light; arrange in a mould in the centre of a dish and just brown in a hot oven.

Corn Starch Cake.—Cream, one-half cup of butter with one cup of sugar, add the whites of three eggs, well beaten, one-half cup of milk, one-half cup of corn starch, one-half teaspoonful of cream tartar ana one-fourth teaspoonful of soda, each dissolved in a little cold water, then add one cup of flour. Flavor with lemon.

Potted Beef—One may buy beef especially for potting and make enough to last two or three weeks. Purchase 2 lbs. from the under part of the round, as this is inexpensive and will answer the purpose. Put it into a crock with 1 cup water, 4 tablespoons butter, ¼ teaspoon pepper and the same of ground cinnamon, 1 tablespoon Worcestershire sauce and an onion chopped fine. Stand the crock or jar in a kettle of cold water, bring it to the boiling point and boil carefully for three hours. When the meat is tender, chop fine, pound until perfectly smooth and mix with it gradually the liquor from the jar; add 2 teaspoons salt, and if you have a few nuts, stir in a cupful. Pack the mixture into small earthenware bowls, cover with melted suet or paraffine and keep in a cool dry place.

Pressed Baked Beans.—Did you ever try pressed baked beans? If not you will be sure to like them after trying them once. When I was a child I never cared for cold beans until my mother got into the way of pressing them, When the beans are hot, stir them in a perfect mush, season them well by adding salt if needed, then press them into a tin or shape them up on a platter so they are nearly square on the edges and corners, and when they are cold you can slice them and eat cold. Or they are excellent fried brown on a buttered spider after being sliced. An unexpected gentleman guest at our supper table asked me what I did to my beans to make them so good, for he never tasted any that he relished so well, and he thought he was fond of beans before. Try pressing them and you will never wish to chase a cold bean around your plate again.

COMBINED SINK AND TABLE.

Some kitchens are too small to allow of a sink and table both, and for these a combination of the two will be a welcome arrangement. Have a carpenter make a sink of the length, breadth and height you desire, and set up on legs similar to a table, or it may have ends, and a shelf midway of the space beneath if desired. Get a tinsmith to make a zinc lining of the heaviest sheet zinc, with all corners well soldered, and fasten it in with clout nails at very short distances all around the top edge. The sink is then ready for painting, in harmony with the rest of the woodwork of the kitchen.

For the table part, get a hardwood leaf at the lumber yard and have it well smoothed down. Fasten it to the lower front part of the sink box by three good hinges. Add a spring to hold it up when wanted, and you have a very handy piece of furniture. This sink can be fastened to the wall or not as liked, or the leaf may be fastened to the wainscoting in the same manner as to the sink, and prove even more handy.

Wet Feet Bring Coughs and Colds

Children Especially are Exposed to Great Danger From the Cause.

DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE.

Where is there a boy who does not delight to test the thinnest ice and to splash in the water which results from the spring thaws!

There will be more coughs and colds among children during the next few weeks than at any other season of the year as a result of wet feet and exposure to cold and dampness.

It seems scarcely necessary to suggest the advisability of keeping Dr. Chace's Syrup of Linseed and Turpentine at hand for use in case of emergency.

You never know what night your child may awake a victim of croup frantically gasping for breath and by having this great medicine ready for immediate use you can afford quick relief and cure.

Bronchitis, whooping cough, asthma, bad coughs and severe chest colds, sore throat, throat irritation and all forms of throat, bronchial and lung troubles are readily cured by this treatment, which has become so popular throughout Canada.

Mrs. J. Provost, Renfrew, Ont., states:—"My fourteen-year-old boy had a very severe cold in the chest last winter and I really thought he was going to die. He coughed nearly all the time and sometimes would spit up blood. We had about given up all hopes of his recovery when I heard of Dr. Chase's Syrup of Linseed and Turpentine. After using one bottle there was a great change in his condition, and I can positively say that he was completely cured by two bottles and he has not been troubled since. I never saw medicine take such quick effect and can sincerely recommend it."

Dr. Chase's Syrup of Linseed and Turpentine, 25 cents a bottle, family size (three times as much) 60 cents, at all dealers or Edmanson, Bates & Co., Toronto.

To protect you against imitations the portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every bottle.

A SPRING NEED.

Indoor Confinement in Winter Hard on the Health.

Ninety-nine people out of every hundred actually need a tonic during the spring months, and the hundredth person would make no mistake if he too infused a little extra vigor and power into his blood. The reason for this condition is quite apparent. In the desire to make Canadian houses warm during the winter months, ventilation is sacrificed, and the health is impaired. There may be nothing seriously wrong—nothing more than a variable appetite; little pimples or eruptions of the skin; a feeling of weariness and a desire to avoid exertion; perhaps an occasional headache. These may not seem serious; perhaps you may think that the trouble will pass away—but it won't unless you drive it out by putting the blood right with a health-giving tonic. And there is only one blood-renewing, health-giving, nerve-restoring tonic—Dr. Williams Pink Pills for Pale People. Over and over again it has been proved that these pills cure when other medicines fail, and thousands of grateful people testify that they are the best of all spring medicines. Miss D. Brown, Collina, N. B., says:—"I have used Dr. Williams' Pink Pills for a run down system, and have found them better than any other medicine I have tried. In the early spring my blood was out of condition and I had such dizzy spells that if I turned quickly I would almost fall. I took Dr. Williams' Pink Pills for a few weeks and the trouble entirely disappeared. I think these pills an ideal spring medicine."

If you want to be healthy in the spring don't dose your system with harsh, griping purgatives, and don't experiment with other so-called tonics. Take Dr. Williams' Pink Pills at once and see how quickly they will banish all spring ailments. Sold by medicine dealers everywhere, or sent by mail at 50 cents a box or six boxes for $2.50 by writing the Dr. Williams Medicine Co., Brockville, Ont.

RAILWAYS IN PERU.

Cross Mountains at Altitude Never Before Attained.

One of the most interesting trips afforded by the present transportation facilities of Peru is that over the Oroyo railroad, which now runs from Callao to the gold fields of Cerro de Pasco. It is considered one of the wonders of the Peruvian world, and the original contract was taken by Mr. Meiggs at $27,600,000 in bonds at 79. It is certainly the greatest feat of railroad engineering in either hemisphere, and as a specimen of American enterprise and workmanship it suffers nothing by comparison. It was begun in 1870 and finished in 1876, and additional work has since been done on it. Commencing in Callao, it ascends the narrow valley of the Rimac, rising nearly 5,000 feet in the first forty-six miles.

Thence it goes through the intricate gorges of the Sierras till it tunnels the Andes at an altitude of 15,645 feet, the highest point in the world where a piston rod is moved by steam. The wonder is doubled on remembering that the elevation is reached in seventy-eight miles.

One of the most remarkable things in connection with this road is that between the coast and summit there is not an inch of down grade. The difficulties encountered in its construction were extreme—landslides, falling bowlders, soroche (or the difficulty of breathing in high altitudes) and verrugas, a disease known only along the line of this road, characterized by a species of warts breaking out all over the body and bleeding.

About 8,000 workmen were engaged at one time, and between 7,000 and 8,000 persons died or were killed in the construction of the road.

DID HE?

"Did Jerrold get anything out of his rich uncle's estate?"

"Well, rather—he married the daughter of the attorney for the estate."

PNEUMATIC TUBE SYSTEM

DESPATCHING AND RECEIVING APPARATUS.

The New Postal Service Is In Use in European and American Cities.

The announcement was made recently that the Dominion Government were considering the establishment of the pneumatic tube system between the central and branch postoffices in the principal cities in Canada. A vote of $165,000 for the instalment of this system in Toronto was included in the estimates submitted to Parliament.

The Batcheller system of pneumatic despatch, of the purpose of carrying mail and telegrams, has been for some time installed in the large cities of Europe, London, Liverpool, Paris, Berlin and Vienna; also in New York, Philadelphia and other cities of the United States.

FIRST PNEUMATIC SYSTEM.

The system of pneumatic despatch dates back to the year 1853, when it was established in London, England, by a man named Clark. The first system was very crude, and was installed between the central and stock exchange stations of the Electric and International Telegraph Company of London. Carriers containing batches of telegrams, fitting piston-wise in the tube, were sucked through it in one direction only, by the production of a partial vacuum at the end. The length of this tube was 220 yards, and it was 1½ inches in diameter. The system used in Paris is the circuit system and that is the basis of the system used in New York, Philadelphia and other American cities today. The interior diameter of the tubes installed in the Paris pneumatic Despatch Syatem is 12½ inches in diameter and the tubing is composed of iron or lead. The diameters of the English tubes is 3 inches and are composed of lead. The American tube is much larger and is made of brass.

IN DEPARTMENTAL STORES.

The pneumatic despatch system is now a marked feature of every large departmental store, where it is used for handling the cash, thus saving a great deal of time, and facilitating the checking of the different departments.

The introduction of this pneumatic system into the Postoffice Department will be a long step in the right way for in nothing is more rapidity required than in the handling of letters. This has become so apparent that the different European governments have installed these pneumatic plants in all their large cities for the handling of mail matter.

FINEST IN THE WORLD.

The finest plant in the world is probably the Batcheller pneumatic plant installed in the Central Postoffice in New York City. The inside diameter of the tubing is eight inches. It is the circuit system, the compressor and receiving ends being situated at the central office. The sending apparatus consists of two tube sections, mounted on a swinging frame inserted in the main tube, so that either of the swinging tubes can be brought in line with the main tube, somewhat after the manner of the chambers of a revolver. This swinging frame is timed, so that there is an interval of eight or ten seconds between carriers. The carriers are always placed in the despatching end under pressure, but at the receiving end there is no pressure, as this would create a continuous draught. Just before coming to the receiving end, the air is deflected into another pipe, but the carrier, propelled by its own momentum, is carried through a valve and comes in contact with an air cushion and is then released into the receiving trays.

This carrier is seven inches in diameter and twenty-four inches long and capable of carrying about 700 letters. There are two strips of leather around the cylinder, one-half inch thick, thus causing the carrier to fit tightly and yet be capable of going through the bends in the tube. There is a pressure of six pounds to the square inch, which drives the carrier along at the rate of thirty miles an hour. It weighs thirty pounds, and it can be easily understood what a force this cylinder has when travelling at a velocity of thirty miles an hour.

VALUE AS A TIME-SAVER.

The value of this system to the Postoffice Department is obvious. As a time-saver it has no equal. Besides, the collection of mail from the branch offices would not be intermittent as it is when collected by horse and wagon, and would prevent that congestion which is always the result of bringing in a wagon load of mail.

The tube system would bring the mail in more frequently and in smaller quantities and would render its handling a matter of comparative ease.

The eight-inch tube, according to Mr. Batcheller, is the limit in size, as a larger tube system would necessitate heavier carriers, a differently-constructed set of buffers and a greatly increased pneumatic force. Larger carriers would have to be run on wheels.

The capacity of a seven-inch carrier is about 500 to 700 letters, and the interval despatches from eight to ten seconds. This would make the carrying capacity of the pneumatic tube system about 35,000 letters an hour.

There have been no statements given out in regard to the size of the tubing to be adopted by the Toronto postoffice, but no doubt it will be on the principle of the Batcheller system as installed in the principal American cities.

Piles To prove to you that Dr. Chase's Ointment is a certain and absolute cure for each and every form of itching, bleeding and protruding piles, the manufacturers have guaranteed it. See testimonials in the daily press and ask your neighbors what they think of it. You can use it and get your money back if not cured. 60c a box, at all dealers or EDMANSON, BATES & CO., Toronto.

Dr. Chase's Ointment

PLAYFUL CHILDREN.

What treasure on earth is more to be prized than a bright, active, healthy, playful child? In homes where Baby's Own Tablets are used you never find sickly, cross, sleepless children; if the little one is ill the Tablets will promptly make it well. Ask any mother who has used the Tablets and she will tell you that this is absolutely true—she will tell you the Tablets always do good, and never do harm. You can give them to a child just born with perfect safety, and they are equally as good for well grown children. Mrs. Mary J. Moore, Hepworth, Que., says:—"My baby has never been sick since I began giving her Baby's Own Tablets. They are a real blessing to both mother and child, and I would not be without them." Don't let your child suffer, and don't dose it with strong drugs or medicine containing opiates. Give Baby's Own Tablets which you can get from any druggist or by mail at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

BONAPARTE'S OPINION.

Thought Russia Was Hard Country to Conquer.

During the few years of captivity which preceded the death of the great Corsican at St. Helena he took frequent occasion in his conversation to discuss the most striking features of his career. Practically all that he had to say on these subjects has been preserved in various books written by those who were in his confidence at the time. In everything that he said relative to his Russian campaign he showed that he looked upon that enterprise as the principal mistake of his life and upon the Russians as a people whom even the greatest conquerors would better let alone. Thus:

It was making war upon Russia that ruined me.

Russia is the nation that is most likely to march to universal dominion.

I would not have declared war upon Russia but that I was persuaded she was about to declare war upon me.

In the end Russia will become mistress of the world.

But for my marriage with Marie Louise I would not have declared war upon Russia. (He expected assistance from Austria.)

I am reproached for not getting myself killed at Waterloo. I think I ought rather to have died in Russia.

Russia is in a favorable position to conquer the world.

Perhaps I did wrong to commence the Waterloo campaign. I did not think then that Russia would take a hand.

If I had had 200,000 more men in Russia there would have been that many more lost.

After I had reached Moscow I should have died there.

EMPTY NOW.

How One Woman Quit Medicine.

"While a coffee user my stomach troubled me for years" says a lady of Columbus, O., "and I had to take medicine all the time. I had what I thought was the best stomach medicine I could get, had to keep getting it filled all the time at 40 cents a bottle. I did not know what the cause of my trouble was, but just dragged along from day to day suffering and taking medicine all the time.

"About six months ago I quit tea and coffee and began drinking Postum and I have not had my prescription filled since, which is a great surprise to me for it proves that coffee was the cause of all my trouble although I never suspected it.

"When my friends ask me how I feel since I have been taking Postum I say, 'To tell the truth I don't feel at all only that I get hungry and eat everything I want and lots of it and it never hurts me and I am happy and well and contented all the time.'

"I could not get my family to drink Postum for a while until I mixed it in a little coffee and kept on reducing the amount of coffee until I got it all Postum. Now they all like it and they never belch it up like coffee.

"We all know that Postum is a sunshine maker. I find it helps one greatly for we do not have to think of aches and pains all the time and can use our minds for other things." Name given by Postum Co., Battle Creek, Mich.

The one who has to bother with coffee aches and pains is badly handicapped in the race for fame and fortune. Postum is a wonderful rebuilder. There's a reason.

Look in each package for the famous little book, "The Road to Wellville."