About the ....House

CLAIMS OF THE KITCHEN.

In building a house the average individual is much more concerned about the parlors, the reception hall and the dining-room than with the kitchen, which some one has called "the heart of the house."

Some of us have recollections of the old-fashioned kitchen "at grandfather's," that are more or less tinged with sentiment, but few want that kind of a kitchen in their own houses. The old-fashioned kitchen was really the family living-room. It was dining-room except on state occasions, washroom, cookroom, and the caller who ran in for a few minutes' chat was familiarly made at home while the work went on uninterruptedly. The woman who got the meals traveled many extra miles in the course of the year because of the wide area required for all these domestic processes. She generally had "sitters" whom she had to dodge, and was wont to occasionally express her sentiments about having somebody eternally "under her feet."

We don't live in the kitchen as much as we used to. Even on the farm, the last stronghold of the kitchen as a living room, there is a strong tendency to use the whole house and confine the kitchen to its legitimate purposes as a cook room. Women realize that a small, convenient kitchen is an economizer of time, travel and strength.

In a kitchen twelve feet square there is ample room for the necessary conveniences which the worker can reach with ease. The chief reason for a roomy kitchen—the necessity of getting away from a red-hot stove in summer, has been done away with by the almost universal use of the gasoline stove, which throws out little heat, and is out of commission within five minutes after it is put out.

The kitchen should be on a level with the dining-room, its location should be carefully chosen. Not so near the dining-room that its heat and odors enter that room, nor so near a bedroom that the building of fires or the pounding of steak are disturbing. One of the important study of prevailing winds will often enable the builder to so place the windows that a current of air will carry the odors of cooking out of the house instead of diffusing them through it. A kitchen should have opposite windows so arranged as to be easily lowered from the top for just this purpose

Plenty of light is indispensable in the kitchen. In addition to the windows, light is gained by making the walls light in color. Oil paint applied to the plaster on walls and ceiling is easily cleaned, and is better than kalsomined or papered walls. Paper is easily loosened by steam, and if used should be the oiled paper in tile pattern, which not only looks well, but which, if revarnished after the first washing, can be cleaned several times.

A wainscoting of Georgia pine on the side walls to a height of four or five feet is better than mop-boards and plaster, especially where there are children. For the floor, there is nothing better than pine covered with linoleum. The hardwood floor is trying to many women, because it is like walking on pavement, producing a jar on the spine which is tiring. The linoleum is elastic and does away with this jar. Though it is expensive it is durable, wears well, looks well, and is easily cleaned. The pattern of the genuine linoleum goes clear through the fabric, and therefore does not wear off.

The iron and zink sink has been eliminated from the up-to-date kitchen, and in its place stands the white enameled one, with an extension at one end, on which to place the dishes when rinsed and wiped. With hot and cold water to be had at the turn of a faucet, or even from a reservoir on the stove within arm's length, dishwashing is made easy.

A zinc covered table or shelf is a convenience the housekeeper will appreciate, especially if it is provided with drawers for spices, utensils, towels, etc. A marble slab for use in pastry-making is something the cook seldom gets, but which she reckons as indispensable after she has once used it.

The height of the stove, the sink and the table should be adjusted to the height of the woman who is to work at them. Backaches are bought on by working over a table or stove that is too low. A high stool on which the worker may sit at her table or sink and be raised high enough above either to work with ease is a convenience worth more than the rocking-chair that newspapers writers insist upon as essential to the cook's comfort.

In cool weather a cooling-box outside a window will save many trips down cellar. This is only a box fitted into the lower sash on the outside of a window, with a shelf or two in it if needed. The lower sash is raised to put things in. then lowered. Holes in the back and covered with mosquito net serve for ventilation, or the whole back of the box may be made of wire netting.

Iron pots and kettles, copper teakettles, and other heavy and cumbersome utensils should be replaced by granite and agate ware. There is no sense in lifting pounds, daily, where ounces would suffice.

A drop shelf against the wall is handy. Hinged to the wall and furnished with a secure prop, it comes in play many times.

If a woodbox is necessary have it fitted into the wall between kitchen and woodshed, with hinged covers on each side so it can be filled from the outside. A lot of dirt and "tracking" is obviated.

Something often (almost universally) overlooked in the planning of a house is to locate the bedrooms and their windows so as to take advantage of the prevailing winds in summer and thus get air and coolness. Bedrooms on the east side of a house are nearly always hot in summer and cold in winter. Put the kitchen on the north or west side if you can; thus you have it cool in summer. Plan the porch so that it has a pretty outlook, gets the breeze, and is not overlooked by the street and the neighbors' windows.

DOMESTIC RECIPES.

Two Sauces—Custard sauce—A half pint milk; one egg; one-quarter cup sugar. Set over fire and stir till thick. Chocolate sauce—Small cup sugar, three tablespoonfuls butter and two of flour; one pint of boiling water and half a square of melted sweet chocolate. Cook till thick.

Boullettes of Liver.—Cut one-half pound of liver into thin slices and boil gently for twenty minutes; drain and chop fine. Put a gill of milk in a double boiler; rub together one tablespoonful of butter and two of flour; stir into the milk and when a thick paste is formed add the liver. Cook in double boiler for at least ten minutes. Add one tablespoonful chopped parsley; one teaspoonful salt; one-quarter teaspoonful pepper; one teaspoonful onion juice. When cold, form into balls, dip in egg and bread crumbs, and fry in hot fat.

One Egg Cookies.—One cup, each, of sour milk and shortening; one and one-half cups sugar; one-half cup water; one egg; one level tablespoon saleratus; two heaping teaspoonfuls baking powder sifted in with some of the flour. Flavor with cinnamon or nutmeg and add a pinch of salt. Mix as soft as they can be rolled out.

Lovely Layer Cake.—An expert in cookery gives the following recipe, with careful directions as to mixing, which are as necessary to success as are the ingredients: Cream a quarter of a cup of butter, add gradually one cup of sugar, then two well beaten eggs, half a cup of milk, and one and two-thirds cups of flour sifted with two and a half teaspoons of baking powder. In cold weather soften the butter and warm the bowl before beginning to mix cake. Have the flour sifted and measured, butter the cake tins with a bristle brush, and sift over their greased surface a film of flour to keep the cake from sticking. Put the softened butter in the warm bowl and beat with the slitted spoon until it is creamy; this allows a perfect blending with the sugar, which should be added while you beat constantly. When the butter and sugar is white and creamy, sift in a few spoonfuls of flour, then add the eggs and beat energetically. Pour in the milk, sift the flour and baking powder. Put the batter immediately into the oiled tins, scraping every particle from the bowl with a palette knife and before setting the cake in the oven level it slightly, making it somewhat higher at the sides than in the centre. This makes a cake level, as it is always sure to rise a little higher in the center. Never scrape batter from the knife on the edge of the pan; if you do, the cake will not rise on that side. In fifteen or twenty minutes the cake should be perfectly baked.

HINTS TO HOUSEKEEPERS.

Nutmegs should be kept out of the reach of children. They are a deadly poison, as dangerous as carbolic acid or ammonia. Curiously, many children seem fond of them. A case is on record where an 8-year-old boy died in great agony after chewing two nutmegs.

Children often have curiously abnormal appetites, as witness the craving of the schoolgirl for chalk and slate pencils. Things that are deleterious should be rarefully kept out of their way. A child old enough to know better once ate so much camphor gum ("because it felt so funny in her teeth," she explained) that she was made very ill and has ever since disliked the odor of camphor.

Equal parts of ammonia and spirits of turpentine will take paint out of clothing no matter how dry and hard it may be. Saturate the spot several times and then wash out in soapsuds.

Improve the first fine days by giving the bedding a good airing on the line. The sun purifies blankets and quilts, raising the pile on the first and enlivening the cotton in the latter.

One of the "spring jobs" the house wife dreads is the frying and packing down of the sausage and hams for summer consumption. To avoid having to treat the hams in this manner make covers of heavy cotton, sewing the hams into them tightly, and then whitewash the outside. Hung in a cool cellar or a dry dark granary they are safe from flies.

Indescribable Pains Stone in Bladder.

An Exceptionally Severe Case in Which a Helpless Sufferer Was Restored by

Dr. Chase's Kidney Liver Pills

Gravel or stone in bladder is about the most painful ailment that ever afflicted mankind. It is the result of deranged kidneys, the uric acid forming into hard substances, which lodge in the kidneys and bladder. This horrible disease is prevented and cured by Dr. Chase's Kidney-Liver Pills.

Mr. Daniel Brown, English River, Ont., writes:—"For three years I suffered from urinary troubles, partaking of the nature of stone in the bladder or gravel, and the pain which I endured can scarcely be described. I was unable to do any work, and frequently discharged blood. Though I spent hundreds of dollars in doctors' bills I received no relief, and at last decided that I would never be able to work again.

"While in this condition I was advised to try Dr. Chase's Kidney-Liver Pills, and though I had no faith in them or in anything else I decided to give them a fair trial. After using one box I felt a decided change for the better, and after taking five boxes I feel like a new man. I am entirely out of pain, and have no more discharge of blood. I can honestly recommend Dr. Chase's Kidney-Liver Pills to any fellow sufferer, and will cheerfully verify this statement to anyone writing me."

Mr. W. Bowen, Postmaster and station agent at English River, Ont., writes:—"I have interviewed Mr. Daniel Brown of this place in regard to his long illness and cure, and hereby certify that the testimonial as given by him is correct."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, 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 box.

KEEP LITTLE ONES WELL.

There ought not to be any sickly, fretful, sleepless children—there would not be any if mothers gave their little ones an occasional dose of Baby's Own Tablets. The little ones are sickly and fretful and sleepless usually because of some stomach, bowel, or teething trouble. These and the other minor ills of little ones are speedily relieved and promptly cured by Baby's Own Tablets, and the little one thrives and grows plump, sleeps well at night and lets the mother get her much needed rest as well. Mrs. R. M. LaRue, Mountain, Ont., says:—"I can recommend Baby's Own Tablets to all mothers who have cross or delicate children. I do not know how I could get along without them. Mother, isn't it worth your while to give this medicine just one trial? If your medicine dealer does not keep the Tablets send 25 cents to The Dr. Williams Medicine Co., Brockville, Ont., and the Tablets will be sent by mail post paid.

SENTENCE SERMONS.

Selfishness is the heart of sin.

The fussy are never effective.

Obedience is better than oblation.

Character is crystallized conduct.

Revenge is sweetest when renounced.

Mercies multiply as we measure them.

Only manufactured doubts are advertised.

Nothing spoils the life like living for the spoils.

Our victories depend on how we take our defeats.

Giving happiness is the only secret of getting it.

There is no delight for those who turn back from duty.

An unbridled tongue goes with an unburdened brain.

Sins of the imagination are more than imaginary sins.

A man's love for God may be measured by his life for men.

You can hardly expect to get fire out of a cold storage religion.

A principle hung up on the wall may be worse than none at all.

The man who can smile at a small trouble will subdue a great one.

The man who is looking for a chance to be grateful is never without one.

With an uneducated heart there can never be more than a half educated head.

It is one thing to work up your sentiments and another to work out your salvation.

FARM·FIELD AND GARDEN

PLAN OF COW STALL.

Two rows of cows in a barn 26ft. wide will confine them in rather close quarters but can be arranged so they can be comfortable and enough space left for alleys. The cows should face the centre for convenience in feeding. Have a 3 foot alley back of the cows, with a gutter from 12 to 15 inches wide and 6 inches deep. The floor upon which the cows stand should be level giving 4½ feet for standing room, about 2 feet for manger, making 11 feet for each cow and 22 feet for the two, with a centre feeding alley about 4 feet wide. The stalls should be 3½ feet wide from centre to centre, which will leave about 3 feet and 4 inches in the clear, and will provide ten stalls on each side.

The partitions between the cows should be about 4 feet high and may be made of boards or slates. The rear posts may be omitted, as it is not readily needed. The first post, which may be a 2 x 4 scantling, is 4½ feet from the gutter, the front post is set forward 3 feet and slats nailed against it. The partition boards or slats should be fastened onto upright slats and then hung on the rear post with hinges. Place slats in front so the cows cannot step forward and fasten a rope onto the rear end of the partition with a staple. The rope or chain in the rear of the cows should be about 3 feet 6 inches long, with a hook on the end which can be hooked into a staple in the swinging partition on the other side. If the upper hinge on the partition is a little lower, so that the partition will sag a little, it will always swing into

THE PROPER POSITION.

When it is desired to let the cows out unlock the rope or chain back of the cow, beginning at one end, let the first cow back out; give her time so she will be able to get out and not afraid to back in the gutter. The other cows will soon learn to push the swinging partition which will give them room to turn around.

Each cow has a separate box for a manger, about 2 feet 10 inches square. The top of the manger in front of the cow is only from 3 to 10 inches high, so her head will be in a natural position when lying down. The manger should be adjustable so that when she is standing with her hind feet near the gutter her nose will just reach the slats in front, which will prevent her from stepping forward and soiling the rear of the stall. Any adjustment of a stall which will prevent cows from stepping forward will keep them clean, and by having the manger low, so that when lying down the head can be carried in a natural position, will afford comfort, which is an essential point in securing a large flow of milk. The slats in front of the cow will prevent her from getting the hay or other roughage under her feet. The stall is made narrow so that the cow cannot turn round, while the chain or rope is fastened from one partition to the other. Each cow should be taught to take her own stall and the teaching should be done with patience and great care. It requires gentleness and tact to teach cows properly, but in the end one is amply rewarded for exercising these virtues.

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.

CARE OF DAIRY COWS.

In the housing and care of dairy cows no country shows, as a rule in general practice, any methods or conditions better than those of this country. The average conditions elsewhere are bad enough, with opportunities for very great improvement, but such improvement is being made as rapidly in this country as anywhere. Nowhere else is there a better appreciation of the importance and economy of abundant room, light, air, dryness, comfort, and cleanliness for cows. One hears much of the close relations between the dairy cows and the families of their owners in Holland and Switzerland, connecting apartments, under the same roof, etc.; but the stables which are seen in summer converted into conservatories and rooms for weaving and cheese curing are the exceptional and show places. Even the best of these when visited in midwinter, with the cattle in place, are often found dark, ill ventilated, close, crowded, and insanitary in many respects, although frequently kept clean. The construction of cow stables generally in the old world is of a substantial kind, but with little regard to light and ventilation, convenience of arrangement or ease of cleaning. The labor necessary to keep them in decent condition would be regarded as impossible in this country. The cow houses in Denmark average the best of all in Europe, but they are no better in any respect than the average of those of the distinctly dairy districts of this country, and there is here far more regard for economy of labor management. Danish stables are generally kept clean, but at the cost of a vast amount of very cheap labor. In other countries, as well as Denmark, much attention is paid to cleaning the cow stables, but the conclusion has been forced upon us that this is done more from an appreciation of the value of all manurial matter and the fixed habit of saving it than from any knowledge or intention of cleanliness as of prime importance in dairying. This is especially shown by the fact that the cows are milked in just about as careless and uncleanly a manner in Great Britain and all over Europe as, it must unfortunately be confessed, is the common practice in this country. The very general use of women as milkers in all foreign dairy districts is a decided advantage; they are gentler and cleaner than men, and vastly better than the average farm laborer, who does all sorts of work during the day. Much attention is being given, especially in England, to perpetuate the custom of employing women instead of men for milkers, and to maintain the efficiency of milk-maids; the popular public milking contests at the dairy shows are useful and commendable. Many parts of Europe have the additional advantage of keeping the cows in the fields continuously the greater part of the year and milking them in the open air. This practice does much to insure clean milk and pure products.

DAIRYING ON A SMALL SCALE.

There are many farmers who practice general farming, keeping enough cows to pay the grocery bill, who do not feel that their business in this line is large enough to warrant using the best modern applicances and conducting the business along the lines laid down by the best dairying authorities. Each man must judge for himself as to whether it is advisable to put in a separator and to build a silo. It is probable that a separator will pay for itself in a comparatively short time, even where but a few cows are kept. If not, add a few more to the herd and arrange to save all the butter fat that is produced. If cows are kept, they should have the feed that will enable them to produce the most profit for the owner; and it is the general experience of practical dairying that the silo is an advantage in producing milk cheaply. But whether silo and separators are adopted or not, most farmers who keep cows could improve their methods of feeding and the general conduct of the business.

It would be wise for many to have their cows come fresh in the fall or early winter, rather than in spring as so many do. The price of butter is higher in the winter, and the farmer has less other work to demand his time and attention, than during the summer months. Many farmers allow their cows to go dry all winter, and while feeding them, receive no income from the herd.

Of course, a cow giving milk will require more feed and better care than one running dry, but she must be fed roughage anyway, and grain which would be required to make milk, would be paid for many times over by the butter she produced. To make a cow do her best in winter she should be warmly housed, and not be allowed to run out during cold, stormy weather. Silage is a great advantage, but if fed bright sweet clover hay and corn fodder, bran or ground corn, she will do well, especially if a few roots can be added to the ration to meet the craving for green feed. If the roughage is chiefly clover, a greater amount of fat-producing elements will be required in the grain, and a large amount of corn meal can be profitably used. If the roughage is largely corn stalks, timothy hay and oat straw, the grain ration should be composed largely of feeds rich in protein.

HEALTH IN SPRING.

Nature Requires Assistance in Making New, Health-Giving Blood.

Spring is the season when your system needs toning up. In the spring you must have new blood just as the trees must have new sap. Nature demands it. Without new blood you will feel weary, weak and languid. With new, rich, red blood you will be sprightly, happy and healthy. The one sure way to get new blood and fresh energy is to take Dr. Williams Pink Pills. They actually make new blood. They are the greatest spring tonic in the world. Mr J. J. Mallette, a well known grocer in Montreal, says:—"I wish to thank you for the great good your Dr Williams' Pink Pills have done me My system was very much run down and your pills have made a new man of me. As I am in business, coming in contact with many people, I am often able to recommend the pills, and they have already relieved a dozen of my friends who suffered as I did."

Many people further weaken their system in spring through taking purgative medicines. What nature needs to help her is a tonic, and Dr. Williams' Pink Pills supply this need as no other medicine can. Be sure you get the genuine with the full name "Dr. Williams' Pink Pills for Pale People" printed on the wrapper around the box. Sold by all medicine dealers, or post paid at 50 cents per box or six boxes for $2.50 by writing the Dr. Williams' Medicine Co Brockville, Ont.