About the ....House

TESTED RECIPES.

Sweetbreads with Mushrooms.—Parboil sweetbreads, allowing eight medium-sized ones to a can of mushrooms. Cut the sweetbreads about half an inch square; stew until tender. Slice mushrooms and stew in the liquor for one hour. Then add to the sweetbreads a coffee cup of cream, pepper and salt, and a tablespoonful of butter. Sweetbreads boiled and served with green peas make a very nice dish.

Pound Cake.—Cream one pound sugar and three-fourths pound of butter; add the yelks of eight eggs well beaten, flavor to taste, and mix with all one pound flour, beating the whole well together.

Yellow Cake.—One teacupful sugar with half the quantity of butter; add the yolks of four eggs, beaten half a teacupful of milk, and two and a half teacupfuls of flour sifted with two teaspoonfuls of Price's Cream Baking Powder. Flavor with vanilla.

Lady Cake.—Take two and a half scant teacupfuls of flour, and after sifting mix well with it one heaping teaspoonful Price's Cream Baking Powder and sift again; add one and a half teacupfuls powdered sugar, blended with half a teacupful of butter; beat the whites of two eggs to a froth; add gradually to the flour half a teacupful of milk; follow with the sugar and the butter, and next the whites of the eggs, finishing up with a teaspoonful of the essence of almond. Bake in a hot oven for three-quarters of an hour.

Eggs a la Suisse.—Spread the bottom of a dish with two ounces of fresh butter; cover this with grated cheese; break eight whole eggs upon the cheese without breaking the yelks. Season with red pepper and salt if necessary; pour a little cream on the surface, strew about two ounces of grated cheese on the top, and set the eggs in a moderate oven for about a quarter of an hour. Pass a hot salamander over the top to brown it.

Birds' Nests.—Chop very fine one ounce of beef suet or cold meat, half a cupful of bread crumbs, season with chopped parsley, powdered thyme, and marjoram, a little grated rind of lemon, and half its juice, and one egg well beaten to bind the mixture. While you are preparing this mixture have four eggs on the stove to boil hard; ten minutes will be sufficient. Warm half a pint of gravy. When the eggs are boiled hard take them from the shells and cover them thickly with the mixture. Put a little butter in a stew pan, fry them a light brown, dish them up, cut them in halves (first cut off the top of the white that they might stand), and serve them hot with the hot gravy poured over them.

Welsh Rarebit.—The making of a Welsh rarebit is, as everybody knows, simple enough in itself, and yet rarely attended with the gratifying success the ambitious maker could desire. Many makers get the slices of bread too thick. They should not be more than half an inch thick. They should also be toasted lightly on both sides. After this preparation lay on them slices of rich cheese and put them in a pan till the cheese is melted. Mustard and pepper should be spread over them, but not too much of the latter—that is a common mistake. They should be served, of course, on very hot plates, and it is of great importance that the rarebit itself be hot, as otherwise it will congeal and be flabby and tasteless.

German Sweetbreads.—Boil them in water with a little salt; take off all the fat; cut in pieces the size of dice or smaller. Make a sauce with one tablespoonful of flour, butter the size of half an egg; wet with the water the sweetbread is cooked in, make it as thick as cream, flavor with lemon juice. Put in the chopped sweetbread and let it just boil. Stir in a well-beaten egg with a little water in it to keep from crumbling, just before sending to the table. Have a lemon on the table, as some prefer it seasoned more.

ANCHOVY BASKETS.

Make a little good short pastry, mixing it with anchovy sauce instead of water, and coloring it slightly with a few drops of carmine, as the sauce does not color enough. Line some tiny pattypans with the paste, put in some uncooked rice, and bake in a good oven. Make the remnants of pastry into little strips about two inches long, twist these, and lay them on a baking tin in the shape of a horseshoe, and bake them. When the baskets are cooked, turn out the rice, and let cool. Whip up some cream, add to it about one ounce of cheese, also pepper, salt, and a little mustard. Fill the baskets with this, piling it up roughly, stick in the little pastry strips to form handles, and just before serving put a few watercress-leaves round the edge of the basket, sticking the stalks into the cream. Dish up on a fancy paper, with a sprig or two of watercress in between the baskets. If the cress is put in too soon it will fade by the time the savory is served.

Mousseline Pudding.—Grate the rinds of two lemons, and strain out the juice, mix with these two ounces of castor sugar, four yolks of eggs, a pinch of salt, and two ounces of fresh butter. Stir this mixture over the fire till it thickens and nearly boils, then let it get cool again. Whip up the four whites of eggs to a stiff froth, shake them into the other mixture, butter a plain mold or tin, pour the whole into the mold, and steam for three-quarters of an hour. Turn out carefully when done, and serve with a sweet sauce.

HOUSEHOLD HINTS.

Custards should be cooked gently—a very hot oven is apt to make them become watery.

All batter-puddings should be cooked in a hot oven, as a slow one is apt to make them heavy.

Remember to grease the mould or basin used for baked puddings before the mixture is put into it.

A very small pinch of salt is the greatest improvement to all puddings—sweet ones included.

Bread and butter and plenty of good Scottish oatmeal and milk are the foods on which children thrive.

When using dried apples, soak the dried fruit over night in cold water. Cook slowly till tender. Then sweeten and flavor with a little lemon or clove syrup.

When lighting a gas stove it will often give a slight explosion and light wrong, thus causing no heat. Turn the gas off very quickly, and on again. It will then light properly without any further trouble.

To renovate plush, hold the affected parts, plush downwards, over boiling water, then pass across them a hot iron so as to raise the pile, The iron should be held upright by one person while another draws the back of the plush across it.

Never sweep dust from one room to another, nor from upstairs to the lower part of the house. Always take it up into a dustpan where you have previously placed some tea leaves. This prevents the dust from scattering again and returning to its old haunts.

The teeth should be cleaned all over. Cleaning the mouth should be practiced after every meal with the same regularity with which the child gets a daily bath. Especially is the tooth toilet necessary after the last meal of the day.

To cure squeaky boots, get some boiled linseed oil. Pour this into a deep dinner dish and stand the boots in it, so as to allow the soles only to soak in it thoroughly for a few days. If this does not remove the annoyance repeat the process.

A CURE FOR INSOMNIA.

A Well Known St. John Merchant Tells How He Was Freed From This Terrible Trouble.

One of the best known men in St. John, N. B., is Mr. G. G. Kierstead, grocer and general dealer, 641 Main street. Mr. Kierstead has an interesting story to tell of failing health, insomnia, and finally renewed strength, which cannot fail to interest others. He says :—"A few years ago I was all run down and failing in health, no doubt due to overwork and shattered nerves. I was unable to sleep at night and found no rest in bed. My life seemed a burden to me and I found no pleasure in anything. I sought medical aid and the physicians who attended me were unable to give me any relief. The doctors differed in their opinion as to my ailment. Finding that I was growing worse, and almost crazed through loss of sleep, I concluded to give up business and go to the country for a rest. Just when I was at my very worst and had almost no desire to live, my wife urged me to try Dr. Williams Pink Pills. I had lost faith in all medicines, but to please my wife I decided to give the pills a trial. I have had reason to be thankful that I did so. Almost from the outset the pills helped me and I was able to sleep. I continued their use until I felt perfectly well again. I could sleep as I did in my childhood; I grew healthy and strong and have never known one hour's trouble from that source since. I have no hesitation in saying that I believe Dr. Williams Pink Pills saved my life, and will always say a good word for them to any who are troubled with sleeplessness."

Dr. Williams Pink Pills work cures like Mr. Kierstead's, after doctors and common medicines fail because they actually make new, rich blood and so strengthen all the organs of the body and brace up the nerves. That is the way they cure indigestion, kidney and liver troubles, nervousness, neuralgia, palpitation of the heart, rheumatism and the special ailments that fill the lives of so many women with misery. The genuine pills always have the full name "Dr. Williams Pink Pills for Pale People" on the wrapper around every box. If in doubt write direct to the Dr. Williams Medicine Co., Brockville, Ont., and the pills will be sent post paid at 50 cents a box or six boxes for $2.50.

AN AID TO MOTHERS.

In thousands of cases it has been proved that Baby's Own Tablets is the very best thing for children suffering from colic, constipation, diarrhoea, simple fevers, colds and teething troubles. The Tablets are guaranteed to contain no opiate or harmful drug, and may be given with equal safety to the tender, new born babe, or the well grown child. Mrs. Joel Anderson, Shanley, Ont., is one of the mothers who have proved the value of this medicine and says :—"I have used Baby's Own Tablets with the very best results. They are easy to give little ones, and I have never known them to fail to benefit."

Every mother should keep the Tablets in the house. In an emergency they may save a precious little life. Sold by all druggists or mailed at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

WHY MEN DIE.

It has been said that few men die of old age, and that almost all persons die of disappointment, personal, mental, or bodily toil, or accident. The passions kill men sometimes even suddenly. The common expression "choked with rage," has little exaggeration in it, for even though not suddenly fatal, strong passions shorten life. Strong-bodied men often die young, weak men live longer than the strong, for the strong use their strength, and the weak have none to use—the latter take care of themselves the former do not. As it is with the body so it is with the mind and the temper; the strong are apt to break, or, like the candle, run; the weak burn out. The inferior animals, which live temperate lives, have generally their prescribed term of years. Thus the horse lives twenty-five years, the ox fifteen to twenty, the lion about twenty, the hog ten or twelve, the rabbit eight, the guinea pig six or seven. The numbers all bear proportion to the time the animal takes to grow its full size. But man, of all animals, is one that seldom domes up to the average. He ought to live a hundred years, according to the physiological law, for five times twenty are one hundred; but instead of that, he scarcely reaches an average of four times the growing period. The reason is obvious—man is not only the most irregular and most intemperate, but the most laborious and hard-working of all animals. He is always the most irritable, and there is reason to believe, though we cannot tell what an animal secretly feels, that, more than any other animal, man cherishes wrath to keep it warm, and consumes himself with the fire of his own reflections.

If a man really loves a woman she doesn't have to conceal her age.

You Can Overcome The Tired Feeling.

Instil New Vigor and Energy Into the System and Add New Flesh and Tissue by Using

Dr. Chase's Nerve Food.

Why not join with nature and rejoice at the coming of spring? There is means at hand whereby you can overcome the feelings of languor and fatigue and make spring the time for renewing health and vigor, instead of giving way to weakness and despondency.

Everybody needs a spring restorative to enrich the blood and build up the system after the debilitating effects of artificial winter life.

Experience has proven that there is no preparation extant so well suited to these needs as Dr. Chase's Nerve Food.

It is only reasonable that this great food cure, which has been endorsed by tens of thousands of people on this continent, should be superior to the prescription of an ordinary doctor, hastily written and hastily filled at the drug store.

Headache, sleeplessness, irritability, stomach troubles, loss of energy, ambition and the ability to apply one's self to the task in hand are among the indications of an exhausted condition of the system.

A month's treatment with Dr. Chase's Nerve Food will do wonders for you.

Besides the benefit you feel, you can prove that new flesh and tissue is being added by noting your increase in weight.

Dr. Chase's Nerve Food, 50 cents a box, six boxes for $2.50, 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.

FARM·FIELD AND GARDEN

A SMALL FRUIT GARDEN.

Now is the time to make plans for the family supply of small fruits if it has not already been done. The following list has been resurrected for the benefit of those who may profit by it :

Strawberry plants, early, medium and late, 300.

Blackberries, 100.

Black raspberries, early and late, 50.

Red raspberries, early and late, 50

Currants, white and red, 75.

Gooseberries, 25.

Grapes 18.

This is a list that has often been recommended for a family small-fruit garden. It is enough for one-fourth of an acre, which should be sufficient for a large family, and leave a good margin for loss by drouth, insects, birds and neighbors chickens, besides some to give away.

Not many would reduce the number of strawberries and some would be in favor of increasing the amount of ground devoted to this fruit. But in regard to the others opinions would differ greatly.

If anything were to be stricken out it would probably be blackberries. This is a fruit that does well in the right place, but if it does not have moist ground it is

AN UNCERTAIN PRODUCER.

A drouth will affect it more severely than the other plants named. Besides many object to its briars and they are a nuisance in a garden. Blackberries are excellent to close the season of small fruits, but in a list like this probably half the number would be found sufficient.

Next to strawberries a good supply of raspberries is desirable. But it is likely that most people would prefer a greater proportion of red to black than this list calls for. The purple varieties are not mentioned, but they are coming into favor for canning. In flavor they are superior to the red when canned, while their dark, rich color makes them more attractive for this purpose. But with the raspberry it is a matter of individual taste. Some will not tolerate the blacks, others have an aversion for the reds and others detest the purples. Ordinarily, however, it would be safe to recommend the purples. They might be substituted for half the blackberries.

Currants should have a place in the garden, but seventy-five bushes would be a large number in comparison with the raspberries and strawberries. A supply large enough for most families could be obtained from twenty-five each red and white.

It would seem as though twenty-five gooseberry bushes would be enough to sour a score of people for a year. A gooseberry is good in its place, but a dozen plants will go a long way in

SUPPLYING FRUIT ACIDS.

Grapes are an autumn fruit. There is such a large number of varieties that by a judicious choice the season may be extended over several weeks. Some kinds may be kept till into the winter. The grape is not so commonly grown as it should be. It ought to have an important place among the fruits in the garden.

In setting grape vines it should be remembered that many varieties are nearly self-sterile. Those that succeed well when standing alone are comparatively few. By far the greater number are not capable of producing more than half a crop, if they do as well as that, unless set near some fertilizing variety. Those who have vines that refuse to bear may find here the reason for it.

The fruit named may be planted on one-fourth of an acre. It should yield at least twenty bushels of berries if it receives reasonably good care and twice that number might be expected in most seasons. This may look like a large amount, but a family can make use of a large amount when it may be had for the picking. When the fruit garden is made it may as well be of ample size. What ground on the farm will pay as well for the time and labor given it ?

MODERN FARMING.

The idea may prevail that the main feature of an agricultural course is to teach boys to plow, sow and reap, and to do the other familiar manual labor of the farm. Such instruction is chiefly necessary for the boy from the city, who has never handled a farm tool. What the boy needs most to study is the natural sciences which underlie all farm practices. He needs to know the laws of plant life as he may study of them in botany. He needs to know the habits of insects that destroy his fruits and vines as he may study of them in entomology. He needs to know of the composition and physical properties of the soil, as he may study of them in chemistry and physics. Therefore these four sciences have a large place in a course of agriculture. The student likewise needs a knowledge of English, history, civil government, mathematics, drawing, etc., he may become a well rounded man—a good citizen as well as a handy man at his vocation. An agricultural course is one of the most delightful a person may follow. Some men say it is the best course in the universities which have an agricultural department, because it deals so intimately with the things of every day life.

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

CATCHING SHEEP.

A sheep should never be caught by its wool. This method not only causes the animal unnecessary pain, but in the case of fat sheep, that are to be killed, it does much harm to the joint of mutton that lies underneath where the wool was pulled. It causes a bruise just in the same manner as our bodies become discolored from being bruised. A sheepman advises that the proper way to catch a sheep is to take either by the hind leg just above the gambrel joint, or by putting the hand underneath its jaws or neck. In using a crook it is important that the sheep are not caught below the gambrel joint, as injury to the leg is liable to result from this.

HOW TO CLEAN THE CHURN.

A churn cannot be made clean with a dirty cloth, and a cloth of this kind is one of the best known places for breeding disease germs, and these may be washed from the seams of the pans of corners of the churn. It takes only a few minutes to wash the cloths in cold water, and then they should be put in a strong pearline suds and allowed to boil for at least 20 minutes, then they should be rinsed and hung out in the air and sunshine, and if this is done every few days the cloths and he always kept white and sweet smelling.

LABOR ON THE FARM.

Any farmer who depends altogether on the seasons and hard work for success in his business, may make some sort of a living and even increase his small capital by natural increment, but he will never merit the appellation of a successful farmer. Industry is a good trait of character, but often a good degree of that which looks like laziness leads to better results. For instance, a man may be so lazy that he habitually works hard on labor saving contrivances, by which he can accomplish greater results with less labor, do more and better work with less physical exertion. He may be so lazy that he will do no work in a slip shod manner, for in that case he would have to do the work over again. No farmer can be successful unless he does a large amount of mental labor, and mental labor saves physical labor, and makes what physical is necessary far more effective. The very best work at the very best time cannot be done by unaided physical effort. To do such work, requires deep and persistent study.

KITCHEN APRONS.

The best work and kitchen aprons are made of blue and white seersucker, one of their excellent qualities being that they require no ironing. It is possible to wash and shake out a dozen of these aprons in less time than it would take to launder half the number of gingham or calico ones. Seersucker may be had in plain white as well as the familiar stripes.

CAME FROM COFFEE.

A Case Where the Taking of Morphine Began With Coffee.

"For 15 years," says a young Ohio woman. "I was a great sufferer from stomach, heart and liver trouble. For the last 10 years the suffering was terrible; it would be impossible to describe it. During the last three years I had convulsions from which the only relief was the use of morphine.

"I had several physicians, nearly all of whom advised me to stop drinking tea and coffee, but as I could take only liquid foods, I felt I could not live without coffee. I continued drinking it until I became almost insane, my mind was affected, while my whole nervous system was a complete wreck. I suffered day and night from thirst and as water would only make me sick I kept trying different drinks until a friend asked me to try Postum Food Coffee.

"I did so, but it was some time before I was benefited by the change, my system was so filled with coffee poison. It was not long, however, before I could eat all kinds of foods and drink all the cold water I wanted and which my system demands. It is now 8 years I have drank nothing but Postum for breakfast and supper and the result has been that in place of being an invalid with my mind affected I am now strong, sturdy, happy and healthy.

I have a very delicate daughter who has been greatly benefited by drinking Postum, also a strong boy who would rather go without food for his breakfast than his Postum. So much depends on the proper cooking of Postum for unless it is boiled the proper length of time people will be disappointed in it. Those in the habit of drinking strong coffee should make the Postum very strong at first in order to get a strong coffee taste." Name given by Postum Co., Battle Creek, Mich.

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