About the ....House

CHOICE RECIPES.

Spanish Sandwiches—Thin slices of Graham bread, slightly buttered; spread with made mustard, then a layer of cottage cheese.

Salad—On page 154 of the Record Cook Book is a choice recipe, which bears a marvelous resemblance to deviled crab. Half the amount is enough for small family.

Orange Sauce—Beat the whites of three eggs till stiff and dry, add gradually one cup of powdered sugar and continue to beat, then add rind and juice of two oranges and rind of one lemon.

Maitre d'Hotel Butter—Cream one-half cup of butter, add one teaspoon of salt and a speck of pepper and one-half teaspoon of finely chopped parsely, then add one teaspoon of lemon juice drop by drop.

Sunshine Cake—Beat white of five eggs very firm. Thoroughly beat yolks with one cup sugar. Fold in carefully the beaten whites. Fold in two-thirds cup well sifted flour. Bake in loaf or patty pans. This is very nice. No baking powder used. Depends on the beating.

Snowballs—One-half cup of butter, one-half cup of sugar, one-half cup of milk, two and one-half cups of flour, two rounding teaspoons of baking powder, whites of four eggs. Cream butter, add sugar gradually, then milk. Add flour sifted with baking powder; lastly the whites of the eggs beaten stiff and dry. Steam thirty-five minutes in buttered cups. Half this quantity will make five large snowballs and half the sauce recipe will do.

Cream Sponge Cake—Sift together a cup of sugar and a cup of flour, one rounding teaspoon of cream of tartar, half level teaspoon of soda and one-half saltspoon of salt. Break into a cup two eggs and beat till light, fill the cup with thick cream and add one teaspoon of orange extract. Turn into dry mixture and fold carefully and thoroughly together. Bake the same as sponge cake.

Maitre d'Hotel Potatoes—Wash, pare and shape potatoes into balls, using a French vegetable cutter, or shape in one-half inch curbs. There should be potatoes to make two cups full. Soak in cold water for fifteen minutes, then drain and boil in salted water till soft. Drain and add maitre d'hotel butter and mix well.

Dandelion Wine—Gather two quarts of blossoms, without stems, which will make the wine better. Pour one gallon of boiling water over blossoms, let stand in stone crock three days and nights (or granite kettle is better). Strain and add three pounds white sugar, two sliced lemons and two oranges. Boil about five minutes. When lukewarm add one tablespoonful good yeast. Pour into a jug to ferment, having the jug full, so it can run out as it ferments, filling up the jug with the remainder (if any is left over, if not, use sugar and water, as the jug must be kept full during fermentation). In about six weeks pour it off and put it in air-tight bottles, with one or two raisins to each bottle. Lay the bottles on their sides in cool, dark place. Cork tightly.

Spring Soup—Simmer a pint of sorrel, two heads of lettuce, a cup of small dandelion leaves in two ounces of butter for ten minutes, stirring constantly; then add three pints of well seasoned stock and boil gently one hour. Strain and serve.

Roast Birds—Pluck, singe, draw and wash the birds thoroughly. Dust each one with one-quarter teaspoon salt and rub the breast inside and out with a small raw onion. Place in the body of the bird a few uncooked cranberries or a slice of lemon. Place in roasting pan, cook in hot oven thirty minutes, basting frequently with hot water and butter. Serve on hot platter garnished with fried bread crumbs.

SOME HELPFUL HINTS.

Removal of soot marks—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.

Carpets should be beaten on the wrong side first, and afterward more gently on the right. Never put down a carpet on a damp floor, for this—often the result of hurry and impatience on the part of weary house-cleaners—is a frequent cause of carpets becoming moth-eaten.

Windows in damp weather—When it is necessary to clean windows in damp weather, use a little methylated spirit, and you will polish the windows in half the time, as the spirit evaporates, and dries the superfluous moisture as it goes.

To clean enameled baths—Stains may be taken off an enameled bath if it is rubbed well with rough salt moistened with vinegar. This will also clean enameled pots and pans, no matter how burned or discolored they may be.

To preserve stair carpets put pads of old blankets on each step. If there is no store of ancient blanket to draw from, a substitute may be made of several thicknesses of brown paper.

When making a pudding don't forget to make a pleat in the cloth at the top of your basin, so as to allow the pudding room to swell.

To boil eggs for invalids, bring the water to the boil, then take the egg in it for five minutes. This will cook the egg perfectly without making the white hard and indigestible. It is also well to boil an egg intended for a young child in this manner.

To clean brass nothing is better than the old-fashioned plan of rubbing first with a paste made of powdered bathbrick and paraffine, and then with powdered bathbrick. A mixture of lemon juice and powdered chalk used in the same way is also excellent.

Never hang a mirror where the sun's rays will fall upon it. The sun acts upon the mercury and clouds the glass.

ON TOAST.

For an inexpensive "tasty" hot dish for tea there are more ways of using up the left-overs from dinner by serving them on toast, which, with a little care, may be made to look as tasteful to the eye as to the palate.

Trim the crust from neat slices of stale bread, and toast each side a delicate brown; butter while hot, and keep covered until the slices are softened. Then lay on each a portion of the preparation, leaving a tiny edge of the toast visible.

Fish—Separate the meat from the bones of any fish that may be left from dinner, and place on one side. Break into a bowl one or two eggs, according to the amount of fish, add salt, a bit of pepper, and one teaspoonful of plain flour; mix thoroughly. If you think there is not sufficient fish for your slices of toast, add one slice of fresh, white bread, minus crust, mix all well, and add the fish. Pour into a frying pan in which is a little hot butter or ham gravy, stir until very hot, spread on toast and serve. A few drops of lemon juice sprinkled on the mixture improves it for some tastes.

Chipped Beef—Put into a saucepan one gill of milk, and a teaspoonful of butter. When the butter melts add as much as desired of chipped beef shredded into tiny bits. Add to this one beaten egg, a sprinkling of black pepper. Stir with a fork about two minutes, spread on toast, and serve.

Tomato—To about a cupful of cold stewed tomato, add the same quantity of chopped ham, one beaten egg, and a little warm water or gravy. Bring to a strong heat, and lay on toast. Serve very hot.

CUTS AND BRUISES.

Just as soon as the warm weather comes the children want to go barefooted and then begins trouble with sore toes and bruises. They get all kinds of wounds, but the most serious are those made by rusty iron, generally received by stepping on an old nail, the barbs of wire fences, etc. Such hurts often prove serious, resulting sometimes in lockjaw and that is a disease that the doctors do not seem able to handle successfully.

Children should be instructed not to think such hurts of no consequence This is not "babying" them, either, for they should be instructed why care is desirable. Teach them to come to you with every hurt in which the skin is broken, then see that the wound is properly cleansed and bound up with some healing liniment, so that no foreign matter either remains or can enter.

In the case of a wound from a rusty nail—the most dangerous of injuries to the barefoot boy—turpentine is highly recommended. Peach leaves, pounded and applied to such a wound, are also favorably mentioned; good also in case of bee and wasp stings.

Bruises and bumps will not turn blue if butter or lard is immediately applied.

Bites from venomous snakes are generally counteracted by giving whisky, on the homeopathic principle of similia similibus curantur, probably. If the remedy is not at hand, make a lye of wood ashes and immerse the bitten member. The lye should be hot as can be borne, and changed as it cools. Continued soaking is necessary. Several cases are on record where lives have been saved by this treatment.

HEALTH FOR GIRLS.

Dr. Williams' Pink Pills Make Strong Healthy Rosy-Cheeked Lasses.

"I was attacked with appendicitis," says Miss Fabiola Grammont, daughter of Mr. Charles Grammont, a prosperous farmer of Champlain, Que., "and while the doctor who attended me cured me of this trouble, it left behind after effects from which it seemed almost impossible to recover. I grew weak and very pale; my appetite was poor; I suffered at times from severe headaches; and the least exertion left me completely worn out. I tried several remedies, but instead of getting better I was gradually growing worse. Any work about the house left me weak and dispirited, and I felt almost like giving up. At this time a friend who had used Dr. Williams' Pink Pills with much benefit, strongly urged me to give them a trial. I got a box, and as I did not feel any better when I had used them, I would have given them up but for the fact that my friend urged that one box was not a fair trial. I then decided to continue the use of the pills and by the time I had taken three boxes I found my condition was improving. I used eight boxes in all, and by the time I had taken them all my old time health had returned. My appetite had improved, I had gained in weight and the glow of health had returned to my face. I cannot too strongly recommend Dr. Williams' Pink Pills to all pale and weak girls."

Good blood is an absolute necessity, and the only way to have a constant supply of rich, red health-giving blood is to take Dr. Williams Pink Pills. Every dose helps to make new blood, and to drive from the system such troubles as anaemia, languidness, neuralgia, dyspepsia, rheumatism, etc. You can get these pills from any medicine dealer, or by mail at 50 cents a box, or six boxes for $2.50, by writing the Dr. Williams' Medicine Co., Brockville, Ont.

PORT ARTHUR'S GUNS.

Germans Made Them for Chinese, and Were Never Paid.

A peculiar feature of the Russian defence of Port Arthur is the history attached to some of the heavy guns which are at present in the forts. These guns were sold originally to the Chinese authorities by a German firm, shortly before the Boxer trouble, when the Chinese were buying arms on every available occasion. They bought on the three-year system, paid so much down, and the balance divided between the second and third year. The firm had to pay the regular "cumshaw" to the lower officials out of the money they received the first year. The guns were delivered at once, and deposited in the Shiku Arsenal, where Admiral Sir Edward Seymour made his grand stand with his wounded, when returning from his futile endeavor to rescue the Pekin Legations. Some of these guns were not even unpacked. Before the second and third instalments were paid, fighting began, and the guns were captured by the Allies, and handed over to the Russians for custody. The Russians always seem to have men to take charge of anything, and they took such great care of these guns in the Shiku Arsenal that they were sent over to Port Arthur; so that although Germany has not received a penny for the honest work done in her country, she has unwittingly provided Russia with the means to defend Port Arthur.

PERSIAN PENITENTS ORGY

SUFFER TERRIBLE SELF-INFLICTED PUNISHMENTS.

Slash One Another's Heads and Shoulders With Swords.

The Mouharrem is the Persian season of mourning, when Persian Mohammedans mourn for the death of Ali and of his two sons, Hussan and Hussein, whom they slew 1,320 years ago. Ali and his sons they believe to have been the true successors of the Prophet, and on the anniversary of their assassination, Persians voluntarily suffer terrible self-inflicted punishments.

A correspondent of the London Chronicle was privileged to see this rite and gives the following vivid description of it :—

It is five o'clock in the afternoon. All the previous day and night have been spent by the Persians in weeping and lamentation; all this morn swords) and preparing other instruments for self-torture; walls and windows are draped in black; black-robed, pale, sad-visaged men move silently and slowly hither and thither, the hour for the annual expiation of the crime committed by their ancestors is at hand.

They are handsome men, these Persians, with delicate features and intellectual countenances, their grief is deep, sincere, and to be respected, however, mistaken its cause. But there are others present beside Persians; Turkish Mohammedans and long, white-bearded imaums, and a sprinkling of Europeans, including a few ladies. No Mohammedan women are present.

PENITENTS MARCH IN.

We are gravely conducted to an upper room of a house in the wall. The windows, iron-barred outside and descending to the floor, are open, and lying down we command a complete view of the whole of the proceedings.

Presently there is a slight stir. The Persian Ambassador has arrived, and with his suite is conducted to a kiosk at one side of the mosque. Then the square is cleared, the imaums collect on the steps of the mosque, and simultaneously the wail of funereal music reaches us. Purple banners, black banners, green banners, and one white, with inscriptions on them, all of silk, the summit of the staff of each surmounted by a silver hand, the fingers outstretched to heaven. Then comes the band, consisting of a few flageolets, drums and cymbals. The music, of six bars only, repeated again and again, affrights the ear with its dissonance, yet it conveys to the hearer a sense of unutterable sahness.

Behind the band comes some fifty men in double rank, but far apart, dressed in black, the left breast bare, and at the end of each bar of the music they strike the left breast with the right hand, keeping perfect time. "Has-san! Hus-sein! Ah!" they wail. Following them, still a greater number of men in black, with bared shoulders, and armed with bunches of steel chains attached to short handles; and with the regular swing of a dumb-bell exercise they smite themselves over each shoulder alternately, keeping time with the music. "Hassan! Hussein! A-li!" a blow for each name.

BLEEDING SHOULDERS.

Slowly, very slowly round the square they move, and even as they pass us the first time their shoulders are black and swollen. Another round or two, and down the backs of some the blood begins to flow. One quite a young fellow, of not more than seventeen, must be suffering terribly, but never once does he wince or diminish the force of his blows.

An hour of this torture, and then at sunset only a party of the elder men remain to weep and wail the while the square is being illuminated on all sides. Persians drink tea, not coffee, and during this interval our host supplies us with most delicious tea, served in little glass tumblers on glass saucers, each on a separate tray. Then the sound of music again, louder wailing than we have heard before, and every man is now dressed in white. Two most beautiful pure white horses follow the banners, each led by two men. On the shoulders of each horse are two swords upright, and behind the swords a pair of white doves; and the doves flap their wings as the horses move. Round shields are suspended to the sides of the horses, and their long white trappings are smeared with blood.

ROAD TO PARADISE.

Two hundred men follow, armed now with gleaming yataghans, which they wave as they wail, "Has-san! Hus-sein! A-li!" Their frenzy increases, and an old priest, who is apparently leading, and encouraging them, gets his throat cut; but this is an accident, and he is attended to on the spot. Once around the square, headed by torch-bearers, carrying gigantic torches, flaming high aloft, this weird procession moves, and the square is now lined by Turkish troops with fixed bayonets. The bayonets are not fixed for ornament, but for the purpose of instantly transfixing any dervish who may run amok. "Has-san! Hus-sen! A-li! Has-san! Hus-sein! Ali!"

Again and again the weird, monotonous cry that will ring in one's ears for many a day to come; again the beautiful white gorses and fluttering white doves are passing us, the light of the waving flames of the torches shed upon them; again, 200 white-clad figures, their gleaming yataghans moving in rythmical swing. "Has-san! Hus-sein!" "Ali". Suddenly the cries attain a wild fierceness, and then, before one can realize the fact, every man of the 200 is drenched with blood, their features indistinguishable. "Hassan!" "Hus-sein A-li!" and as they cry each name they slash their shaven crowns with swords that have been sharpened to the keenness of a razor. Those who die from wounds thus inflicted go straight to Paradise, and not a man flinches.

BLOODY SPECTACLE.

They cut and cut again in time to their cries the whole way round the square; strong men among the spectators faint and are carried away. Smothered in blood, the waving yataghans streaming with it, nearly all the dervishes complete the circuit, but some few drop, and these, as a special honor, perhaps dying, are laid at the feet of the Ambassador before they are removed.

Still 600 more remain to perform the horrible rite in batches of 200 each; but we have seen enough of the ghastly spectacle, and as the second detachment is passing endeavor to make our way out of the square, the pure air now tainted with the sickening smell of blood. We become jammed in the crowd in the gateway, amid the streaming swords and streaming fanatics, and then have we to thank the splendidly disciplined Turkish troops for their civility and prompt assistance. Still, in the narrow, dark, desely crowded thoroughfare, we are not free from the horror, and pass two red men frantically striking doors with their red, dripping swords.

THE ILLS OF CHILDHOOD.

Every child in the country needs, at some time or other, a medicine to correct the ills incident to childhood. If Baby's Own Tablets are kept in the house and occasionally given to the little ones they will prevent illness and make the little ones rugged, strong and cheerful. Mothers should insist on having this medicine because it contains no opiate or harmful drug, and children take the Tablets as readily as they take candy. If you have a neighbor who has used the Tablets ask her and she will tell you what splendid satisfaction they give. Here is what one mother, Mrs. Wm. Sinclair, Hebron, N. B., says : "I have used Baby's Own Tablets with so much satisfaction that I do not feel safe when I have not got a box in the house. I am sure that other mothers will be quite as well pleased with them." You can get the Tablets through your druggist or by mail at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

MEN AS HOUSEKEEPERS.

Why They Would Be Out of Place in the Suggested Role.

A writer in an English review expresses the opinion that if, for a while, men could take over all housekeeping duties, keeping women entirely out of domestic management, the ensuing revolution would solve the servant problem. By planning everything on business lines about 50 per cent. of the present labor would be saved. It is asserted that all the labor-saving devices in use at present are the inventions of men, and that there are plenty more of these beneficent ideas on tap in the masculine brain only awaiting an opportunity for realization. Men do not have the same troubles with their employes that women do with their servants, says the writer, and it would not take the mighty masculine intellect very long to do away with the servant question entirely.

We are inclined to agree with the writer to this extent: that after a man had conducted the domestic affairs of a household for a few weeks there would be no servant question, and no servant either, writes Robert Webster Jones in the June Housekeeper. It would be a task of Herculean difficulty to persuade a servant to enter that house again. We can picture in our mind's eye the domestic chaos that would result, the astonishing innovations that would be introduced from cellar to garret. Fancy the average man attempting to discipline the cook by employing the same methods with which he is accustomed to coerce the office boy. Imagine this man debating the vital questions of "Thursday afternoons out" and "What shall we have for dinner?" with an indignant Abigail whose eloquence exceeds her logic!

As for us, we do not want a home run on "strictly business principles." There are plenty of them in the land, but they are called hotels. Here is a conundrum: When is a home not a home? When it has a man for housekeeper. Home is that realm where woman rules.

It is the truths we do and not the ones we indorse that save us.

All Used Up By Headaches

Could Not Eat or Work—Powders and Quick Cures of no Avail—Lasting Cure Obtained From

DR. CHASE'S NERVE FOOD

This case of Mr. Barber well illustrates the way in which Dr. Chase's Nerve Food cures headaches.

He tried the so-called "quick cures" first, but without obtaining benefit. It is a well known fact that such remedies when they do bring temporary relief do so with a tremendous waste of nerve force and consequent injury to the system.

Dr. Chase's Nerve Food cures by enriching the blood, vitalizing the nerves and building up the system. Headache, as well as all other symptoms of an exhausted system, disappear before its influence. Its cures lasting because it removes the cause of trouble.

Mr. O. Barber, Simcoe, Ont., writes: "Dr. Chase's Nerve Food is a splendid medicine. I was troubled for a long time with headaches, which would come on about once a week with such violence that I could not eat or do my work. I tried headache powders and quick cures, which did no good.

"About eight months ago I took six boxes of Dr. Chase's Nerve Food, and I have not been troubled with headache since. It made a thorough and lasting cure."

Mrs. James Clancy, 714 Water street, Peterboro', Ont., states :—"I have used four boxes of Dr. Chase's Nerve Food, and found them an excellent medicine. I was troubled more or less for nineteen years with severe headaches, which made me useless as far as accomplishing my work was concerned.

"The Nerve Food seemed to build me up generally, and so made a thorough cure of my old trouble. I would not think of being without Dr. Chase's Nerve Food in the house, and would strongly recommend anyone suffering as I did to give it a trial. It succeeded in my case after a great many remedies had failed."

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.

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.