About the ....House

SOME GOOD RECIPES.

Strawberry Shrub.—One pint of strawberry juice, juice of one lemon, one cupful sugar. Set on ice until wanted; then turn into thin glasses, having them half full; fill one quarter more with seltzer water; then place whipped cream on top.

Strawberry Dumplings.—Take the same recipe as for short cake, but roll into a sheet about a sixteenth of an inch thick; cut into rounds; put five large berries in center; fold the dough over and wet with white of egg; then roll between palms of hands until the opening is effaced; set in greased tin; brush with milk and bake in quick oven for fifteen minutes. Serve with strawberry sauce.

Buckwheat Cakes are greatly improved by the addition of Indian meal. The following is an excellent rule: One and one-half cups buckwheat, ½ cup Indian meal, 1 cup sweet milk, 1 cup water, 2 heaping teaspoons baking powder, 1 saltspoon salt. These cakes may be stirred up and fried at once upon a hot griddle. No yeast is needed.

Nut Pates—Mix to a smooth paste with sweet milk, 2 cups peanuts put through a nut grinder, 1 tablespoon butter, 1 beaten egg, ½ teaspoon each of salt and mushroom catsup. Fill pate shapes (previously baked empty) with the mixture and brown in a quick oven. Serve at once.

Banana Cream—Whip half a pint of double cream until stiff, and then stir into it half an ounce of gelatine dissolved in half a gill of warm water, a little lemon juice, and 1 lb. of skinned bananas rubbed through a hair sieve with 2 ozs. of caster sugar. Put the mixture into a mould, and leave it in a cold place until set.

To make parsley and butter sauce. Get a nice bunch of parsley; wash it thoroughly, squeeze very dry in a cloth, and chop finely. Dissolve half an ounce of flour, pepper and salt. Stir both together; take the pan off the fire, and add slowly half a pint of cold water. Stir till all boils and leaves the sides of the pan; add the chopped parsley, beat all together, and serve.

Compote of Bananas.—Make a syrup with 1 lb. of loaf sugar, half a pint of water, and the strained juice of two lemons; let it boil for ten minutes, then pour it over about 1 lb. of skinned and quartered bananas. Leave in a warm place for ten minutes; then lift out the bananas and place them in a glass dish; boil up the syrup until very thick and pour it over the bananas. Serve with whipped cream.

Macaroni Cheese.—Make half a pint of good white sauce with half an ounce of butter, half an ounce of flour and half a pint of milk, into this stir three tablespoonfuls of grated Parmesan cheese, cayene and salt. Boil three ounces of macaroni in salted water with an onion; when it is tender drain and stir into the sauce. Place all in a greased pie-dish or scallop shells, cover with grated cheese, and brown in the oven.

Banana Trifle.—Lay 4 ozs. of macaroons and 2 ozs. of rataflas in a deep glass dish; cut a sponge cake into slices and spread these with banana pulp; place them on the macaroons and soak with a little sherry and brandy; pour over the whole a pint of cream to taste, flavor with vanilla and a teaspoonful of brandy, then whip it till stiff; pile on the top of the trifle, and decorate with crystallized fruits and blanched and shredded almonds.

Toffee.—Place three ounces of butter in a brass preserving pan and as soon as it is melted add one pound of brown sugar. Stir this gently over a moderate fire for a quarter of an hour, or until a bit of it, dropped into cold water, is brittle. Directly the toffee is boiled to this point it must be poured off, or it will be spoilt. It is an improvement to add a little grated lemon rind when the toffee is half done.

HELPFUL HINTS.

If the hands are rubbed on a stick of celery after peeling onions the smell will be entirely removed.

Tubs will not warp or crack open if the precaution is taken to put a pail of water into each directly after use.

Half an hour once a week should be spent in manicuring the nails if the hands are to have a well-cared appearance.

Save all the egg shells, and when broken up finely they will be found useful for removing stains, etc., from enamelled saucepans.

All saucepans and kettles should be turned upside down when not in use. Let the saucepan project a little over the edge of its shelf to admit air.

When the hands have become soft and shrunken by using soda and hot water, rub them with common salt, and it will help to make them smooth again.

Chloride of lime should be used about the house all the summer, and in the out-buildings also. It will drive rats from the cellar at any time of the year.

Buttermilk is excellent for cleaning sponges. Steep the sponge in milk for some hours, then squeeze it out, and wash it in cold water. Lemon juice is also good.

For biliousness the first thing to do is to get rid of the excess of waste material in the blood. For this purpose nothing is better than a Seidlitz powder taken before breakfast.

During hot weather dishclothes and kitchen cloths are apt to turn sour and smell disagreeably. A few drops of ammonia in the rinsing water will act like magic in sweetening them.

When choosing a carpet for a small room always select a small pattern, or plain colors. See that the wall paoer tones with the carpet, and the room will seem bigger than it really is.

Turpentine mixed with linseed oil in the proportion of two parts of oil to one of turpentine makes a most excellent polish for furniture. Apply very little of this to the surface, and polish with plenty of clean cloths.

To clean the coffee pot fill it with water, put in a pinch of borax and a piece of hard soap, and set on the stove, leaving it boil for half an hour. It will be as bright as new and should be submitted to this treatment frequently.

For a shampoo mixture. Dissolve two tablespoonfuls of pure soft soap (bought of a chemist) in half a pint of hot water. When cold, add the juice of one lemon and a few drops of essence of lavender. Keep this tightly corked for use.

To wash windows easily add a few drops of kerosene or paraffin to some clean hot water (as hot as can be used). The kerosene evaporates, carrying the moisture with it, and the glass is cleansed with half the usual trouble and looks brighter.

When cleaning a room in the ordinary way don't forget that the pictures need dusting at the back and edges. Dusty rims round ornaments proclaim a careless housekeeper. The best plan is to have the first duster slightly damp, and finish off with a dry one. Wring out the duster in a bucket of warm water constantly.

CLEANING FEATHERS.

Owing to the frequency with which it is turned over to the professional cleaner, a white or pale-tinted plume becomes something of a luxury.

If the feminine contingent only realized how easily these pretty ornaments can be cleaned at home, quite a little saving toward the end of the year would result.

Nothing more difficult to obtain than soap and clean water is necessary to clean an ostrich tip in a thoroughly scientific fashion. If the work is carefully done, the plume will stand an infinite number of "shampooings" without showing the least signs of wear. Here is the simple process:

Make a lather with warm water and a good white soap. Fill a bowl with this and dip the plume into it. When it is thoroughly staturated draw the tip through the fingers. Repeat a number of times if the feather is much soiled.

Now rinse thoroughly in clear water, making sure that no vestige of soap remains. Put on a white apron or cover the knees with a clean towel and gently pat the plume with the hands until dry. Curl with a blunt knife.

Or steam the plume over the hot water kettle and dry out in the heat of the stove, when it will of its own accord attain a certain degree of fluffiness.

DYSPEPSIA CURED.

A Severe Sufferer Tells How He Overcame the Trouble.

"Not only do I not hesitate to declare the benefit I have received from Dr. Williams' Pink Pills, but I feel it my duty to do so." These are the words which Mr. Edward Lavoie, of St .Jerome, Que., lately addressed to the editor of L'Avenir du Nord, when relating the story of his cure. Mr. Lavoie is well known in St. Jerome, and what he says carries weight among those who know him. For a considerable time he was a great sufferer from dyspepsia, which caused severe headaches, pains in the stomach and sometimes nausea. Sometimes he felt as though he would suffocate, he would become dizzy ,and experienced ringing noises in the ears. His appetite became poor, and his general health so bad that he found it almost impossible to work, and when the headaches attacked him he had to quit work. For six months, he says, he suffered both physically and mentally more than can be imagined. During this time he took medicine from several doctors, but found no help. Then one day he read of the cure of a similar case through the use of Dr. Williams' Pink Pills, and decided to try them. He used the pills for a couple of months, and they have made him feel like a new person. He is no longer troubled with any of the old symptoms, and says he can now go about his work as though he never had dyspepsia.

The digestive organs—like all the other organs of the body—get their strength and nourishment from the blood. Dr. Williams' Pink Pills actually make new blood. This new blood strengthens the stomach, stimulates the liver, regulates the bowels and sets the whole digestive system in a healthy, vigorous state. Good blood is the true secret of good health. That is why Dr. Williams' Pink Pills always bring good health to those who use them. You can get these pills from your 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.

THE LUCKY HORSE SHOE

SUPERSTITION OF THE DIFFERENT NATIONS.

Horse Shoe Saved Ireland—Cossacks Were Taught Iron By It.

Ever since horse-shoes have been horse-shoes they have been accounted lucky emblems by all peoples, races, and nations, that have been acquainted with their use. This much is certain. But why it should be so it is hard to determine, since almost everywhere a different reason is given for cherishing the belief.

The Cingalese, for instance, say they nail them up over their doors as a charm against evil spirits, because of the close resemblance that exists between its shape and the arched body of the sacred snake, Nagendra, one of their principal deities.

Ask a Turkish Mohammedan for information on the subject, and he will tell you that it is because they are in form like to a crescent, the sacred emblem of Islam.

A Polish Jew will explain that at the Passover, the blood sprinkled upon the lintel and door-posts, in the manner directed by their ritual, forms the chief points of an arch. Hence, obviously, the value of arch-shaped talismans, such as horse-shoes are.

The stolid and unimaginative Russian peasant, on the other hand, maintains that the luck associated with the horse-shoe is due chiefly to the metal, irrespective of its shape, iron being traditionally a charm wherewith to nullify the malevolent designs of evil spirits and goblins.

In other words, according to his view of the matter, a horse-shoe is simply a piece of iron of graceful shape and convenient form, commonly pierced with seven nail-holes (a mystic number), and therefore an altogether suitable talisman to be affixed to the door of dwelling or stable in conformity with a venerable custon sanctioned

BY CENTURIES OF USAGE.

In Italy, in the Middle Ages, it became customary to place a crescent-shaped hood or brass upon the heads of the statutes of saints exposed in the open, as a protection from snow and rain. Hence arose the practice of similarly adorning images and paintings in churches. Later on these metallic aureoles came to be regarded as sacred emblems themselves, and as absolutely essential to the well-being of the saint or martyr represented. But pictures and images of holy persons were many and cheap, and brass halos were rare and costly.

Consequently, the horse-shoe got to be pretty generally utilized as an easily available substitute, and to it the devout Italians transferred, in course of time the superstitious reverence which they had formerly bestowed upon the genuine halo.

In the Caucasus the peasantry hallow the horse-shoe, because, so they say, it was through one that their ancestors first learnt the use of iron. Long ago—runs the legend—some of the poor mountain folk found an iron shoe that had been cast accidentally from a Cossack chieftain's stallion. Never having seen such a thing before, they, after having first vainly attempted to eat it, tried to soften it by boiling it in water. Then they roasted it, and afterwards beat it with stones. While thus engaged, the Evil One, who had been watching them, asked them suddenly

WHAT THEY WERE DOING.

Though startled, the men thought it best to put on a bold front, so replied that they were making a hammer to beat him (Satan) with.

"But" cried Satan, "you have no sand."

So his hearers then understood that sand was essential for the use of iron-workers, and thus began the manufacture in the Caucasus of iron implements.

Very different is the story by which the Irishman seeks to account for his liking for the same talismanic symbol.

The name "Irinland" or "Ireland," he will tell you, originated as follows:

The whole island was once submerged in the sea, out of which it only rose once in seven years, and then only for a very short time. Many attempts had been made to break the spell and induce the country to remain permanently above the waters, but all were vain, until one day a daring adventurer threw a horse-shoe from a boat on to the topmost peak of the Wicklow Mountains, just as they were disappearing beneath the waves.

Then, at last, was the bane removed. The Emerald Isle began forthwith to rise again from the ocean depths into which it had just sunk. And it has been dry land—more or less—ever since.

Such is the story as told by the folk-lore-loving peasantry of the west; but many authorities on Irish legendary lore insist that the real reason of the always devout Irishman's belief in the beneficent powers of the emblem in question lies in the fact of the horse and the ass having been in the stable where Christ was born, and hence being ever more blessed animals.

IN ENGLAND,

up to within comparatively recent times, horse-shoes were extensively used almost everywhere as anti-witch charms; and the custom is not even yet an extinct one. No witch, it used to be said, could enter a building over the door of which a horse-shoe—or, better still, three horse-shoes—had been affixed, prongs downwards.

The origin of this particular belief is referable to the old legend of St. Dunstan. This versatile English ecclesiastic was a skilled farrier, and one day while at work in his forge the Evil One entered in disguise and requested Dunstan to shoe his "single hoof." The Saint, although he at once recognized his malign customer, acceded, but caused him so much pain during the operation that Satan begged him to desist. This Dunstan did, but only after he had made the Evil One promise that neither he, nor any of the lesser evil spirits, his servants, would ever molest the inmates of a house where a horse-shoe was displayed.

In Thuringia horse-shoes are used for a like purpose, and a similar legend is told to account for the custom, but the fastidiousness of these forest-bred folk is not content with an ordinary shoe. In order to serve as a talisman it must be specially forged on St. John's Eve by a young bachelor of wholesome life and unblemished character.

The tenacity of some of the customs that cling round the horse-shoe is no less remarkable than their nature and their origin.

For more than five hundred years the inhabitants of Horse-shoe Corner, Lancaster, nailed a new shoe every seven years on a certain spot in the

MIDDLE OF THE STREET.

In Pliny's time horse-shoes were used in the Campania to secure the inmates of the dwellings from the visitations of nocturnal prowling spirits, exactly as they are to-day.

Similarily, the Scandinavians make use of the emblem everywhere as a bringer of good luck "because," they say, "it is Woden's will."

This points to an origin dating before their conversion to Christianity, Woden being, of course, the all-powerful deity of the ancient Northern peoples, corresponding with the Greek Zeus and the Roman Jupiter.

Among the wild Arabs of the central Arabian deserts a cast horse-shoe is preserved in a little goat-skin bag, together with seven nails, and it is worn round the neck as a charm when out of doors, or suspended over the tent door while resting. When asked the reason for this, they say that it is emblamatic of the new moon—always intimately associated in the mussulman mind with devotional acts—and the seven stars.

It is remarkable that the Tuscan peasant does very much the same thing, only he substitutes seven glass beads for the nails, and the bag, instead of being made from goat-skin, is of red cloth. He also associates the charm with the new moon; but is profoundly unconscious of the fact that fifteen centuries or so ago his forefathers were wont to adorn the head of Diana (the moon goddess) with a crescent and seven stars.

And here, probably, we get very near to the true origin of the belief in the luck of the horse-shoe, for it must not be forgotten that Diana, in her character of Hecate, or ruler of the Infernal Regions, was supposed to preside over enchantments, and was also the special guardian and protectress of houses and doors.—Pearson's Weekly.

NATURE'S CURE FOR CHILDREN.

Soothing medicines, opiates and strong drugs should never be given to little children, any doctor will tell you this. Baby's Own Tablets should be used because they cannot harm the smallest, weakest infant. These tablets instantly relieve and promptly cure all stomach and bowel troubles, break up colds, prevent croup, destroy worms, and allay the irritation accompanying the cutting of teeth. Thousands of mothers say they are the best medicine in the world; one of these, Mrs. R. Sculland, Calabogie, Ont., writes :—"I have tried many remedies for children, but Baby's Own Tablets is the best I have ever used. I have been giving them occasionally to my child since he was six months old. They have always kept him well, and he is a big healthy baby." All medicine dealers sell these tablets or you can get them post paid at 25 cents a box by writing to The Dr. Williams Medicine Co., Brockville, Ont.

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

COULD BE SEEN.

The scarcity of servant girls led Mrs. Vaughan to engage a farmer's daughter from a rural district of Ireland. Her want of familiarity with town ways and language has led to many amusing scenes.

One afternoon a lady called at the Vaughan residence, and rang the bell. Kathleen answered the call.

"Can Mrs. Vaughan be seen?" the visitor asked.

"Can she be seen?" sniggered Kathleen. "Shure, and Oi think she can; she's six feet hoigh, and four feet woide! Can she be seen? Sorrah a bit of anything ilse can ye see whin she's about."

EXPORTED TO AFRICA.

Strange as it may seem, a lot of money is made out of policemen's cast-off uniforms. Quantities are bought by African traders and exported to various parts of the "Dark Continent," where they are exchanged for palm oil, ivory, skins and other merchandise. It is by no means an uncommon sight to see a swarthy savage dressed in the uniform of a London policeman, and wearing the regulation helmet of the force.

A dollar saved is a dollar earned, and a dollar not loaned is a dollar saved.

HAS TRIED BOTH.

Travel for Health vs. Dieting.

A man who was sent to Europe for his health and finally found cure in a little change in his diet says:

"I was troubled with dyspepsia for five years and two doctors here in Kenosha that treated me for over a year both told me there was no help for me. Then I had an expert from Chicago, but still received no relief; then followed another expert from Chicago who came to our house two times a month for four months. He gave me up like all the others and told me to take a trip across the ocean which I did in the year 1899, and came home about as bad as when I started. The doctors told me my stomach lining was full of sores. Then I began to study my own case and learned of the diet recommended by the Postum Cereal Co., so I gave up coffee, pork and all greasy foods and began using Postum Food Coffee. Gradually I got better and better until I am well now as I ever was in my younger days, have no trouble and eat anything fit to eat.

"Sometimes away from home I am persuaded to drink coffee, but I only take a sip of it for it tastes bitter and disagreeable to me, but the longer I use Postum the better I like it and the better I feel. I could say a great deal more of my experience with Postum, but think this will give everyone a good idea of what leaving off coffee and using Postum can do." Name given by Postum Co., Battle Creek, Mich.

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

Father and Daughter

Were Great Sufferers From Kidney Disease and Pains in the Back—Now Unite in Praise of

Dr. Chase's Kidney-Liver Pills

Those who are best acquainted with the merits of Dr. Chase's Kidney-Liver Pills do not wonder at their immense popularity as a family medicine.

In thousands of cases they have cured where physicians and ordinary medicines have failed. This is the test by which they have been proven.

Here is a letter we have just received from Prince Edward Island.

Miss Kate Doyle, lot 1, postoffice, P. E. I., states:—"About three years ago my father was seized with a severe form of kidney disease, which caused him much suffering, as well as anxiety lest the ailment should become chronic or prove fatal. We immediately obtained Dr. Chase's Kidney-Liver Pills and he began at once to improve under this treatment, the symptoms gradually disappearing, until he became quite well again. Since then we always keep these pills in the house for use in the case of sickness of this kind.

"For some time I suffered from pains in the small of the back and accompanying ills, and though I was treated by a doctor at considerable expense, I could obtain no lasting benefit until I used Dr. Chase's Kidney-Liver Pills, which seemed to be exactly suited to my ailment. Father and I are greatly pleased with the excellent medicine and wish to recommend it to others."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, at all dealers, or Edmanson, Bates & Company, Toronto. To protect you against imitations the portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box of his remedies.

Postum Cereal Co.

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