About the ....House

SIX LITTLE PUDDINGS.

It is a very old and trite saying that "the proof of the pudding is in the eating." In many cases, the testimony is dearly bought, especially when the onus probandi, or, burden of proof, rests upon the digestive organs like unto a nightmare. It has its enticing qualities, however, has the pudding, and the average man and woman are readily inclined to admit that with all its faults they love it still. Pure and fresh ingredients are the necessary basis of a good pudding, as indeed they are of all other dishes. Given these, the cook must be looked to for the rest, and upon the result which attends his or her efforts must the verdict depend when "the proof" is all in.

Danish Pudding.—Put into one and a half pints of cold water, half a teacupful of pearl tapioca and let it soak for half an hour, after which boil it until clear and soft, which will take about an hour, stirring frequently while boiling; add a quarter of a teacupful of sugar, half a tumbler of currant jelly and a little salt, steadily stirring until all the jelly is dissolved. Put into a mold and serve cold with cream and sugar.

Quick Duff Puddings.—Sift with one pint of flour one teaspoonful of Price's Cream Baking Powder and a little salt; stir into milk until a soft batter is produced. Put as many cups as you desire into a steamer, first having the cups well greased, and into each cup put a tablespoonful of the batter, on top of which place a layer of strawberries or any other berry you may select. Cover these with another tablespoonful of the batter and steam for twenty minutes.

Spanish Pudding.—Put two ounces of butter and a little salt in a pint of water, and when it comes to a boil, add as much flour as will make it to the consistency of hasty pudding. Keep it stirred. After it has been taken from the fire, and has become cold, beat it up with three eggs and a little grated lemon peel and nutmeg. Drop the batter with a spoon into the frying pan with boiling lard and fry quickly. Sprinkle with sugar before sending to table.

Sweet Potato Pudding.—Mix with one pound of sweet potatoes, grated raw, half a teacupful of molasses, two beaten eggs, one tablespoonful of butter, with two tablespoonfuls of sugar and enough milk to make a thin mixture; add one teaspoonful of ginger and spice to taste. Bake one and a half hours.

Cracker Pudding.—One quart of scalded milk, five tablespoonfuls of rolled cracker, small piece of butter, four eggs; bake one-half hour, and serve with any kind of sweet sauce.

Baked Indian Pudding.—Two quarts scalded milk with salt, one and one-half cups Indian meal (yellow), one tablespoonful ginger, letting this stand twenty minutes; one cup molasses, two eggs (saleratus if no eggs); a piece of butter the size of a common walnut. Bake two hours.

SELECTED RECIPES.

Baked Potato Pudding.—Mix twelve ounces of mashed potatoes with two ounces of chopped suet, two ounces of grated cheese, and season with pepper and salt. Stir this all together with a gill of milk and, if eggs are cheap, use two well beaten (yolks only). Put all into a buttered dish, set in a good oven. When the top is of a golden color the pudding is cooked.

Roast Tenderloin.—Take two tenderloins of pork and split lengthwise, but do not entirely separate the halves. Over one tenderloin place a dressing of bread crumbs, a little onion juice and sage and season with butter, pepper and salt. Stir in one well-beaten egg, then put the other tenderloin over and wind a string around to keep them together. Season on the outside with salt and pepper and tack on with toothpicks three slices of bacon. Roast about fifty minutes and serve with a brown gravy.

Foam Sauce.—One cup pulverized sugar, two eggs; beat sugar and yolks together in a bowl; set in boiling water, stir until hot, then add whites beaten stiff. Put a small piece of butter and a tablespoon of brandy in a dish; pour over them the sugar and eggs just before serving.

Cocoanut Sauce.—Half a pound of sugar and two ounces of butter beaten until light; tablespoonful of flour, milk of a cocoanut, and a tablespoonful of nut grated; boil only enough to cook the flour.

Mugwump Sauce.—One cup of sugar, half a cup of butter, and one egg. Stir all together without having previously beaten the egg. Beat till very light. Flavor to taste. Notwithstanding its name, this is the best sauce made.

Hard Sauce.—One cup of sugar and a half cup of butter. Beat to a froth, and flavor with vanilla, cinnamon, or nutmeg.

Potato Salad.—Take six potatoes, boil with skin on. When cooked, peel and slice; take one small white onion, chopped fine; sprinkle this over the potatoes; take half cup vinegar, season to taste with pepper and salt; fill up the cup with hot water; pour this over the potatoes; take half cup of melted butter and pour over all; set away to cool. Garnish your salad bowl with lettuce leaves and pour in your salad. Slice a couple of hard-boiled eggs and put on top.

HINTS FOR HOME LIFE.

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

A cloth wrung out of hot vinegar and water and laid on the forehead as hot as can be borne will often relieve a headache.

If a boot or shoe pinches in any particular part, a cloth wrung out of very hot water, and laid over the place, while the boot is on the foot, will expand the leather and give relief.

Persons with gouty tendency will derive benefit from eating an apple the last thing at night; it should, of course, be thoroughly masticated. A very little salt eaten with it will aid digestion.

The moment you leave your bed, or bath, is the best time to shave. Always wipe your razor clean, and strop it before putting it away, and always put your shaving brush away with the lather on it.

Gilding is often utterly removed from china by the use of soda in washing it. Use soap instead of soda when washing your pretty teacups, etc., and they will retain their beauty as long as they remain unbroken.

Poison from bees, hornets, spider bites, etc., may be instantly arrested by the application of equal parts of common salt and bicarbonate of soda, well rubbed on the surface affected. Ordinary mud is also a quick and efficacious factor in allaying the pain and inflammation.

If when you are baking anything the oven gets too hot, put in a basin of cold water instead of keeping the door open. This cools the oven and the steam rising from the water prevents the contents from burning. When cooking in a gas oven a basin or tin of water should always be kept in the oven.

If your kitchen range or stove has got spotted with grease while cooking, and you cannot get it to polish, a good way to remove it is as follows:—Take a little hand brush, preferably the one used for brushing the pans before putting them away, smear it well with soot from the flue, and rub it well over the greasy parts. Afterwards blacklead as usual, and you will find the grease has disappeared, and a brilliant polish will be the result.

Preface the washing by mending any little holes in the sateen. Then prepare suds with warm water and boiled soap, and in this plunge the quilt. Squeeze with the hands till the water becomes dirty, then place in fresh suds and repeat the process till clean. Rinse out the soap in as many changes of water as necessary; squeeze out the water, shake the quilt and hang out to dry. When dry, shake it till it is quite soft and full. On no account use a mangle, or the quilt will be utterly flat-looking.

GOOD RESOLUTIONS FOR MARRIED PEOPLE.

To live well within our income, and every year put by something for the rainy days which, sooner or later, are bound to come.

To try to correct our own individual faults, instead of wondering at the size and number of each other's.

To be perfectly frank and loyal in all our thoughts, words, and deeds, and let nothing have power to make mischief between us.

To never have a second quarrel, for the very good reason that we never have had, nor intend to have, a first.

To make much of our respective mothers-in-law, and try our hardest to get on well with all our new relations.

To take for our motto that golden rule of married life—to bear and forbear.

To resolutely resolve to always stand shoulder to shoulder to fight the battle of life, for union is strength.

To never do things, however much we would like to, that we know are against the wishes of the other, and, above all, never try to deceive or have secrets from each other.

To keep a sharp lookout for the "little rift within the lute," which will change the music of the domestic duet from the glorious major to the mournful minor key.

To, if our marriage is a failure, let nobody but ourselves be aware of the sorrowful fact.

Curing Consumption

When SCOTT'S EMULSION makes a consumptive gain flesh it is curing his consumption.

The weight is the measure of the consumptive's condition. Every pound of weight gained is a matter for congratulation, and

Scott's Emulsion

makes the consumptive gain flesh.

Scott's Emulsion does something to the lungs, too, that reduces the cough and the inflammation.

More weight and less cough always mean that consumption is losing its influence over the system.

For all stages of the disease Scott's Emulsion is a reliable help.

Send for Free Sample.
SCOTT & BOWNE, Chemists, Toronto, Ont.

ACUTE INDIGESTION.

A Trouble That Causes Untold Suffering to Thousands Throughout Canada.

"I suffered so much with acute indigestion that I frequently would walk the floor through the long nights," said Mrs. Thomas Vincent, residing at 98 St. Peter street, Quebec. "I had been afflicted with the trouble," she continued, "for upwards of twenty years, but it was only during the past year that it assumed an acute form. There were times when I was almost distracted; everything I ate disagreed with me and the pains in the region of the stomach were almost unbearable. When the attacks were at their worst my head would grow dizzy and would throb violently, and sometimes I would experience severe attacks of nausea. As time went on I was almost worn out either through abstinence from food or the havoc it wrought when I did take it. I tried many much lauded dyspepsia cures, but they did me no good. In fact I got nothing that helped me until my nephew urged me to take Dr. Williams' Pink Pills. He had used them himself with the greatest benefit, and assured me that they would help me. After I had taken three or four boxes of the pills there was some improvement, and I continued to take the pills regularly for about three months, and at the end of that time I found myself cured. I could eat a hearty meal and eat it with relish; I slept soundly at night, my weight increased, and my constitution generally was built up. I think Dr. Williams' Pink Pills will cure any case of dyspepsia, if they are given a fair trial such as I gave them."

Dr. Williams' Pink Pills cure cases like Mrs. Vincent's simply because they fill the veins with that rich, red blood that enables every organ of the body to do its work properly. That is the reason why the pills cure all blood and nerve troubles such as anaemia, neuralgia, rheumatism, heart troubles, skin diseases, St. Vitus dance, paralysis and the special ailments of growing girls and women of middle age. When you ask for Dr. Williams' Pink Pills see that you get the genuine with the full name "Dr. Williams' Pink Pills for Pale People" printed on the wrapper around every box. Sold by medicine dealers everywhere, or by mail at 50 cents a box or six boxes for $2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

SECURE PROOF OF DEATH.

Bill to Be Brought Before British Parliament.

A parliamentary bill to provide security against burial alive has been drafted by the British Association for the Prevention of Premature Burial, says the London Daily Express. The bill proposes that:—

1. No burial shall take place without a medical certificate of death.

2. No certificate shall be given without a personal examination of the body, and the certificate shall state the signs from which death is inferred.

3. The appointment by the Home Office of death verifiers in every district of England and Wales, who shall give their whole time to the duties.

4. The municipal authorities shall have power to establish waiting mortuaries, in which bodies shall remain until putrefactive decomposition sets in.

These proposals were discussed at the annual meeting of the association at Frascati's recently.

Dr. Walter Hadwen, of Gloucester, who, at the request of the late Miss Frances Power Cobbe, undertook the task of severing her head from her body, to make sure that she would not return to consciousness after burial, advocated the establishment of mortuaries.

"Who has the right to say that instances of burial alive are few, seeing that the only witnesses of such tragedies are the boards of the coffin?" he asked.

Dr. Hadwen further alleged that 999 medical men out of every 1,000 give a certificate of death without an examination of the body.

"No one in the world can be absolutely certain that death has taken place unless there are signs of putrefaction," declared Dr. Hadwen, in support of his contention that waiting mortuaries should be provided.

These public mortuaries would be well-arranged and properly ventilated buildings, comprising a hall for the bodies and separate apartments for infectious and judicial cases. There would be none of the ghastliness of death, said Dr. Hadwen, but friends would see the bodies of their loved ones surrounded with flowers.

In the hand of each reputed corpse would be a bell, which would ring on the slightest movement of the body, and every possible appliance to aid in the work of resuscitation would be in readiness.

A resolution in favor of the reforms was carried.

For Your Protection "SALADA"

HIGHEST AWARD ST. LOUIS 1904

Ceylon tea is sold only in sealed lead packets. Avoid imitations that are often pushed for the sake of extra profit. Black, Mixed or Green

SOME FAMOUS BELLS.

Accidents That May Spoil the Best of Them.

The metal used for a church bell is three parts of copper and one of tin, and this composition is almost as old as the known history of mankind, for it was discovered by Layard in the bells of old Nimeveh. The tin hardens the metal, but too much makes it brittle, and a bell is a dainty and delicate creature, and above all things must not be driven to cracking. Sometimes an enthusiastic ringer will bump the bell against the wooden stay above, and crack it Sometimes the long falling of the clapper on a particular spot will make a crack, and the bell should be turned every generation or so to make the clapper fall on a new place. Clock hammers are the bell's great enemy, for they strike it sideways and not in the direction of its swing, and, besides, they sometimes catch it as it swings past.

Silver has now and then been tried for bells, but, strange to say, is almost as unmusical as lead. In the Middle Ages, when a great bell was to be cast, crowds of the faithful would sometimes make sacrifice of their gold and silver ornaments and plate by casting them into the melting pot, but the only effect was to depreciate the tone.

Many old bells had quaint and curious inscriptions. A bell at Sherborne, in Dorsetshire, dated 1652, was evidently intended chiefly as a warning in case of fire, for it was inscribed:

Lord, quench this furious flame;
Arise, run, help put out the same.

The greatest bell in the world is that at Moscow, weighing 190 tons. But apparently there was some accident at its birth, for it is cracked, and there is no record of its ever having been rung. In England the greatest bells are "Great Paul," of London, made in 1881, and weighing nearly 17 tons; "Big Ben," of Westminister, 1858, 13½ tons, and "Peter of York," 1845, 10¾ tons. "Big Ben" and "Great Peter" were both cast by the Whitechapel foundry. "Great Peter" cost about £2,000 and is over eight feet across. It was cast at Whitechapel, and allowed twelve days to cool. Even its clapper weighs a hundredweight. It took sixteen men to toll it. Now it is little used, but always rings the old year out on the night of December 31. It is also sometimes used as a minute bell at deaths and funerals.

HOW STORIES GROW.

Mrs. A. (to Mrs. B.)—"That Mrs. Newcomer is so fond of her children. The other day when I called she was blowing soap bubbles with them through a common clay pipe."

Mrs. B. (to Mrs. C.)—"That Mrs. Newcomer is so funny. Mrs. A. saw her amusing the children with a common clay pipe."

Mrs. C. (to Mrs. D.)—"That Mrs. Newcomer smokes a common clay pipe."

Mrs. D. (to Mrs. E.)—"That Mrs. Newcomer smokes a horrid pipe. I don't see how any woman in her sober senses could do that."

Mrs. E. (to Mrs. F.)—"That Mrs. Newcomer smokes a pipe and drinks awfully."

CAREFUL MOTHERS.

The little troubles that afflict children come without warning, and the careful mother should keep at hand a medicine to relieve and cure the ailments of childhood. There is no medicine does this so speedily and thoroughly as Baby's Own Tablets, and the mother knows this medicine is safe, because it is guaranteed to contain no opiate or poisonous soothing stuff. These Tablets cure colic, indigestion, constipation, diarrhoea, simple fever, and teething troubles. They break up colds, prevent croup, and bring natural sleep. Mrs. Mary Fair, Escott, Ont., says: "I have used Baby's Own Tablets with the very best results, and would not be without them in the house." Sold by all medicine dealers or sent by mail at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

RUSSIA'S CHIEF INQUISITOR.

M. Pobiredonosteff has not confined his energies to the persecution of Jews. Every heterodox sect, from Stundist to Roman Catholic, has felt the fury of this modern Alva. A correspondent of the London Chronicle recalls the terrible massacre—one out of many—that took place under his direct instructions as Procurator of the Holy Synod. It was in 1893 that an unprovoked attack was made upon a congregation of Roman Catholics in a church on the Russo-Polish frontier. Cossacks fell upon the worshippers, shot twenty, wounded one hundred, and drove many more into the river which runs near the town of Krozhe. How many were drowned has never been accurately known.

The London Hospital deals with about 166,000 new out-patients every year. The hospital uses one ton and a half of ether and chloroform in the administration of anaesthetics annually, and over a million pills are disposed of.

There was no full moon in the whole of February, 1866. According to astronomers, this will not occur again until the year 2,499,962.

Best Rule of Health

And How You Are Aided in Carrying It Out By

Dr. Chase's Kidney-Liver Pills

"A movement of the bowels every day."

This is the fundamental rule of health. The one point on which doctors are unanimous.

But what causes the bowels to become constipated?

The inactivity of the liver.

Bile is nature's own cathartic and so long as the liver is active in its work of filtering bile from the blood and passing it into the intestines, there is no trouble from constipated bowels.

Dr. Chase's Kidney-Liver Pills cure constipation by setting the liver right.

This is the only means by which the bowels can be regulated.

Salts and castor oil will effect a motion of the bowels, but, once the effects of the dose passes off, you will be more constipated than ever.

They fail to set the liver right.

By regulating the liver by use of Dr. Chase's Kidney-Liver Pills you ensure a healthful action of the bowels and so prevent and cure scores of ills, such as indigestion, biliousness, constipation, kidney disorders, colds and contagious diseases.

Mr. C. F. Immel, shoemaker, Western Hill, St. Catharines, Ont., states:—"I have used Dr. Chase's Kidney-Liver Pills regularly for some time and consider that they are unsurpassed for torpid liver, defective circulation, indigestion, headache and constipation, as these were my troubles. I used many remedies but got no relief until I tried Dr. Chase's Kidney-Liver Pills, and a few boxes of this preparation have entirely cured me. I am not in the habit of endorsing any medicine but in this case I cannot speak too highly in praise of Dr. Chase's Pills for what they have done for me."

Mr. D. C. Holmes, Justice of the Peace for Lincoln Co., states: "I am acquainted with Mr. C. F. Immel, and consider him a reliable citizen in every sense of the word, in fact, I have known him from boyhood up and can say I believe him to be truthful and honest."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, at all dealers, or Edmanson, Bates & Co., Toronto. The portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.