About the ...House

SOME TIMELY RECIPES.

Corn Relish.—Ten cups of corn (cut from cob), ten cups of cabbage chopped fine, five red peppers (large) chopped fine, one-half gallon vinegar, three tablespoonfuls of salt, three cups of sugar, four tablespoonfuls of white mustard seed, two tablespoonfuls of celery seed. Mix thoroughly and cook one-half hour.

Birthday Cake—One-half cup of butter, one cup of sugar, one-half cup of milk, one and one-half cups of flour, one teaspoonful of baking powder, the whites of four eggs. Mix as usual, flavor with one-half teaspoonful of vanilla and half the grated rind of a lemon. One pound of London layer raisins, one-half pound sultanas, one-half pound of dates (chopped) one-half pound of figs, one-half pound of blanched almonds, one-eighth pound of citron, shredded; one-fourth pound of candied orange and lemon peel together, shredded. Use an additional cup of flour to dredge the fruit. Add fruit to the dough, bake in a paper-lined cake pan, having tube in the center. Bake in a slow oven.

Imperial Cake.—One pound of sugar, one pound of flour, three-quarters pound of butter, one pound of almonds, blanched and cut fine; one-half-pound of citron, one-quarter pound candied cherries, one-half pound of seeded raisins, rind and juice of one lemon, two pieces of candied orange, one nutmeg, ten eggs. This is very delicious and will keep for months.

Vanilla Wafers,—Cream one-third cup of butter; add one cup of sugar, one well-beaten egg, one-half cup of milk and two teaspoonfuls of vanilla. Mix and sift two and one-half cups of flour, two teaspoonfuls of baking powder, a pinch of salt. Mix all well and set out to chill thoroughly for a couple of hours. Lay one-quarter of the mixture on a board, adding flour to prevent sticking; roll thin and bake in moderate oven. These look well cut into heart or fancy shapes.

Scotch Woodcock.—Six hard-boiled eggs coarsely chopped, two tablespoonfuls of butter, one tablespoonful of flour, one tablespoonful of anchovy paste, half pint of milk, pinch of cayenne. Cook butter and flour together until they bubble, add milk and stir until smooth. Put in the anchovy paste and cayenne and one minute later the eggs. Simmer three minutes and serve on toast.

Brown Apple Pudding.—Put a layer of apple sauce in bottom of pan, sweeten and season with a little nutmeg. Put in a layer of bread crumbs then another of apple sauce and cinnamon, and then bread crumbs till the pan is full. Use plenty of sugar, and bake. To be eaten with cream.

Curing Dried Beef—A tested recipe for curing dried beef is as follows: For every 20 lbs. of beef mix thoroughly 1 pint fine salt, 1 teaspoon saltpeter and 1 lb brown sugar. Divide this into three equal parts and rub well into the beef on three successive days. Let it lie in the brine it makes, turning over every day. In a week it is ready to hang up. Hang it in a dry place, only until it is through dripping, then remove to a cool place, if possible, where it will not freeze. The cellarway will answer if nothing better is available. It molds on the outside in warm weather, but is easily trimmed off and the inside is just right. On the approach of spring put a close muslin paper bag over it.

A New Confection—Boil together 2 cups granulated sugar, half cup sweet cream and 1 teaspoon butter until the mixture will harden when stirred on a cold dish. Have ready 2 cups mixed and finely chopped raisins, citron and at least three varieties of nuts. Stir into the hot mixture, and stir until stiff. Line a baking powder can with waxed paper and press the mixture into it. Let stand over night in a cold place. turn out of the can and cut into thin sheet, rolling each in powdered sugar.

BEDS AND BEDDING.

It is not so generally known, but this is the approved time for buying new or renovating old mattresses as well as linens. In buying new mattresses, those made from pure South American hair are the best. This is taken from the manes and tails of wild horses, is then rolled, steamed and curled. The second best quality is made with an admixture of pigs-hair with horsehair. This is cheaper but is not as springy and does not last as long. Jute is made from the moss that comes from southern trees. Exclesior is better and more reliable than anything except the hair. Cotton either side of the excelsior is comfortable, but far from sanitary, as cotton is a strong absorbent and holds the exhalations from the body. For this same reason neither cotton pads nor cotton blankets are advisable, unless light enough to be frequently laundered. A mattress should always have a buttoned cover to keep out the fluff from the bedding and dust from the floor, and yet with the best of care mattresses should be taken apart and thoroughly cleaned once in three or four years if they be on a bed that is occupied every night.

It is no longer considered a recommendation to sweet slumber to know that 'this is the bed Grandpa Jones died in, Grand Aunt Penelope had her stroke in, or that all the children have occupied it in turn,' unless one is reasonably sure that it has been well fumigated and thoroughly picked apart and cleansed in the interim. Sentiment for "old-times" sake should cut no ice in the matter of a mattress.

The bed in a spare room that is only occasionally slept in may not need making over oftener than once in ten or twelve years. The regulations of the board of health now demand the disinfection of all bedding in cases of tuberculosis and other communicable diseases, yet the need for renovation is often quite as great without compulsion from without.

While the old-time discomfort and labor of having a mattress renovated is now removed from the house, superseded by the general establishment where all such work is done, there are also disadvantages connected with the present methods. Unless one has absolute confidence in the upholsterer there is the liability of having good hair replaced by inferior products, or even rags or other refuse. Even in first-class establishments there is the unpleasant reflection that beds from fastidious households are apt to come in contact with those from objectionable public resorts or slovenly families, a condition of affairs that can scarcely be guarded against any more than the hit-or-miss style of a general laundry. Occasionally a workmen may be found who will come to the house and do the work in the old way, but this is the exception, not the rule. In the meantime the utmost care should be taken to see that the work is sent to a reliable establishment, where every safeguard possible is afforded.

WHY DON'T YOU.

Why don't you answer your friend's letter at once? It will have double value if written promptly, and will take no more time now than by and by.

Why don't you make the promised visit to that invalid? She is looking for you day after day, and hope deferred makes the heart sick.

Why don't you send away that little gift you've been planning to send? Mere kind intentions never accomplish any good.

Why don't you speak out the encouraging words that you have in your thoughts? Unless you express them they are of no use to others.

Why don't you try to share the burden of that sorrowful one who works beside you? Is it because you are growing selfish?

Why don't you take more pains to be self-sacrificing and loving in the everyday home life? Time is rapidly passing. Your dear ones will not be with you always.

Why don't you create around you an atmosphere of happiness and helpfulness, so that all who come in touch with you may be made better? Is not this possible?

IN BUYING BLANKETS.

In buying wool blankets, get the best makes, but not too heavy. Before using at all, cut apart and bind the raw edges to correspond with the upper ones; then follow the English housekeeper's custom of covering the end of the blanket or comforter that comes next the face of the sleeper with a strip of thin muslin or cheese cloth, which can be readily replaced when soiled. A wool blanket is never improved by washing, and should be kept as immaculate as possible. Dry cleansing is the only proper way to renovate a wool blanket. Those with cotton warp stand washing much better.

CASTING OFF THE BONDS.

Her eyes were wild, her hair was in disorder, her face was flushed, her hands were clenched. She was a deeply injured and desperate woman.

"Oh, cruel one!" she cried in anguished tones, "I have borne with you too long! You have injured the very foundations of my being! Day by day you have tortured me, and yet I could not bear to give you up. When first we met, how your ease and polish attracted me! When you became my own, how my friends envied me! But your understanding is too small for my large soul. You are opposed to my advancing myself. You have injured my standing in society. If we had never met I might have walked in peace. So now begone! We part for ever!"

There was a moment's convulsive breathing, a gritting of teeth and a sharp sigh. It was all over. By a supreme effort she had pulled off her new shoe.

Mother and Babe

Sick mother—sick child! That's the way it works when a mother is nursing her infant.

Scott's Emulsion is an ideal medicine for nursing mothers. It has a direct effect on the milk. Sometimes the mother is weak; her thin milk does not make the baby grow.

Scott's Emulsion

changes all that. The rich cod-liver oil in Scott's Emulsion feeds the mother and gives a flow of rich, nourishing milk for the baby.

The medicine in Scott's Emulsion not only strengthens the mother but goes naturally through the milk and strengthens the child.

Nothing to harm—all for good—Scott's Emulsion.

We'll send you a little to try if you like.
SCOTT & BOWNE, Toronto. Ont.

ST. VITUS DANCE.

Nervous Trouble That Yields Readily to Dr. William's Pink Pills.

St. Vitus Dance is a common disease among children, but it often attacks both men and women of nervous temperament. Its symptoms are shaky hands, jerky arms, trembling legs, twitching muscles; sometimes the power of speech is affected. The only cure lies in plenty of blood, because good blood is the life-blood of the nerves. Dr. Williams' Pink Pills never fail to cure St. Vitus Dance, because they make the rich, red blood that feeds the nerves and keeps them strong and steady. Mrs. Wm. Levellie, Welland, Ont., was seriously afflicted with St. Vitus Dance, and no treatment helped her until she began the use of Dr. Williams' Pink Pills. Mrs. Levellie says:—"At times the trouble was so severe that I could not take a drink of water unaided, and could not trust myself to raise a dish. There was a constant involuntary motion of the limbs, and at times I could neither eat, walk nor talk. I grew pale and emaciated, and my life was fairly a burden. Doctors' treatment, which I was taking almost continuously, did not do me a particle of good and I had almost come to the conclusion that there was no cure for me. I was in what must be considered a desperate condition when I was advised to try Dr. Williams' Pink Pills. In the course of a few weeks after I had begun their use, there was a marked improvement in my condition, and by the time I had taken nine boxes every symptom of the trouble had disappeared, and I was as healthy and active as in girlhood."

It is because Dr. Williams' Pink Pills go right down to the root of the trouble in the blood that they cure such diseases as St. Vitus Dance, neuralgia, nervous prostration, anaemia, backaches and headaches, rheumatism, kidney trouble, indigestion, lung troubles and other diseases of the blood and nerves. But you must be careful to get the genuine pills with the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around every box. Sold by all medicine dealers or by mail at 50 cents a box, or six boxes for $2.50, by writing the Dr. Williams' Medicine Co., Brockville, Ont.

HINDOO MONEY HOARDS.

Much Wealth is Kept Out of Circulation in India.

An enormous amount of the gold of the world is locked up in India. During a visit to that country a few years ago, I found that gold had gone out of circulation. The people seemed miserably poor, but they had quantities of jewellery. Girls dressed in cotton often wore gold and silver bracelets and anklets, and many a barefooted girl had gold rings and gold bells on her toes. For ages the East Indians were oppressed. They did not dare to loan their money for fear they would lose it, and they preferred to put it into ornaments. This custom prevails today, even though there is now, under the English, security of property. Among the chief holders are the Indian rajahs who wear the most expensive of jewellery. I saw many gold rings set with precious stones worth £200 and upwards, and I found gold chains for sale everywhere. Sir David Barbour estimated the amount of the gold hoarded in India during the half-century previous to 1885 at £130,000,000. This was the accumulation of over fifty years. He estimated that £160,000,000 worth of silver was hoarded in this time, and states that nearly all of the gold and silver which came into India in return for its exports was thus kept. The Hindoo buys but little from other countries. He lives on rice or coarse grain. A cotton rag in most cases forms his clothing. All the money he gets he keeps, and if this hoarding is to continue it is certain that a great part of the gold will eventually be absorbed by the East Indians. The English have realized this for a long time. They have attempted to remedy it, but in vain. About ten years ago they tried to get the hoarded gold and silver into circulation by offering high rates of interest for money, but the natives would not respond. There are about 300,000 native bankers in India, who lend to the peasants, but the most of their business is done in kind, the money-lender advancing so much grain, with the understanding that he shall receive so much back when the crop is harvested.

There's no plea that will sell Tea like superior "Cup Draw."

"SALADA"

CEYLON TEAS cannot infuse poorly. The quality won't allow them to. Black, Mixed or Green. Lead Packets only. By all grocers.

RECEIVED HIGHEST AWARD ST. LOUIS 1904.

WEAR COLLARS LOOSE.

Much Shivering is Done to Too Tight Neck Bands.

"Keep warm by wearing your stock loose!"

This is the latest hygienic dictum, and it has a fine basis of fact. Every one knows how cold are tight gloves and shoes; the up-to-date, progressive woman would by no means so sorely tax her abundant vitality as to wear any kind of a closely restraining band about her waist. Yet until quite recently she, in common with her brothers, was wont to confine the tender, swelling throat in swathing bands and bonds inevitably productive of evil results and conditions. The beauty culturists started the revolt of the throat by loudly proclaiming that too close dressing meant unloveliness, dark tintings, wrinkles, all manner of undesirable troubles. Now come the hygienic authorities with instructions to dress the throat with easy looseness if coldweather suffering is to be kept at bay.

Here is the reason for the dictum. With the throat closely confined free circulation is impeded, the tender nerves at the base of the brain rendered sensitive and unruly, a feeling of fullness produced about the neck and throat. When a warm atmosphere is suddenly exchanged for a cold one the repressed muscles and unduly sensitive skin are quite unable to adjust themselves to the new conditions. Shivering and chilliness of the entire body ensue promptly, no matter how close and snug are the neck wrappings and furs adjusted. And for lack of an extra inch or so of ribbon or stock material many a severe cold is endured, many a bright winter day rendered uncomfortable.

The soft and innocent seeming ribbon, according to many physicians, is frequently a worse offender than the lined and stiffened stock. Because it appears so innocuous it is adjusted with insidious tightness, the prisoned throat often bearing vivid tokens of this mistake at the end of the day. And of course the wearer has found the cold trying all through the long hours of its reign.

"Make the experiment, at least," plead the hygenic reformers who have thrown down the gauntlet in reference to the stock bondage of feminine shiverers. "Loosen the collar half an inch this week, and a full inch will soon become desirable. And in addition to the blessed comfort of no longer finding the cold weather unbearable the freed throat will grow plump and pretty as well."

KLONDIKE HEALTH RESORT.

Returned Woman Was the Picture of Health.

When Mrs. Henry Eipper of Arlington, New Jersey, left her parents' home in 1899 to go to her husband and son in the Klondike she weighed only 97 pounds. When she returned last fall after an absence of five years she tipped the scales at 170.

She was the picture of health and her improved physical condition was commented on by her many friends. A few days ago Mrs. Eipper again bade good-bye to her parents and other relatives and started on the long return trip to the Klondike alone to rejoin her husband and son. This will be her second journey to the Klondike alone, as she went unaccompanied in 1899.

The Eippers, father and son, live twenty miles above Dawson and the son has five good claims and the father six.

Mrs. Eipper likes her life in the far north and is much more comfortable there than people hereabouts imagine. There are plenty of neighbors and quite a number of women.

It is often more than 40 degrees below zero and summer is only about two months long. For the greater part of the remainder of the year the people wear furs. Even in summer snowclad peaks are all around them.

A LITTLE LIFE SAVER.

Baby's Own Tablets have saved many a precious little life. They are the best medicine in the world for all stomach and bowel troubles, simple fevers and teething troubles, and they contain not one particle of opiate or harmful drug. Mrs. Elbridge Lowe, Sheet Harbor, N.S., says:—"My baby was always sickly until I began giving him Baby's Own Tablets, but they have changed him into a fine, big, healthy child. I am never without the Tablets in the house." The Tablets can be given with perfect safety to a new born babe, and are good through every stage of childhood. If you do not find the Tablets at your medicine dealers send 25 cents to the Dr. Williams' Medicine Co., Brockville, Ont., and get a box by mail post paid.

SHUT IN.

A shipbuilder tells of an Irishman who sought employment as a diver in the service of one of the shipbuilding companies.

The first job to which the Irishman was assigned was to be performed in comparatively shallow water. He was provided with a pick and told to use it on a ledge below.

Mike was put into a diver's suit, and, with his pick, was sent down to tackle the ledge. For about fifteen minutes nothing was heard from him. Then came a strong, determined, deliberate pull on the signal rope, indicating that Mike had a very decided wish to come to the top. The assistants hastily pulled him to the raft and removed his helmet.

"Take off the rist of it," said Mike.

"Why, what's the matter?" asked they.

"Take off the rist of it," doggedly reiterated Mike; "I'll wur-rk no longer on a job where I can't spit on me hands."

Drowsiness After Meals

A Persistent Symptom of Nervous Dyspepsia—Cure is Obtained by Use of

DR. CHASE'S NERVE FOOD

Many a sufferer from chronic dyspepsia dates his ailment from the time he began to feel "drowsiness after meals."

The blood is weak, and there is not sufficient nerve force to carry on the work of digestion and supply the vital force required for mental and physical activity.

Headache, dizzy spells, defective memory, inability to concentrate the mind, brain fag, irritability of temper, nervousness and sleeplessness are the resulting symptoms.

Owing to defective digestion the body is not deriving proper nourishment from the food, and some other method of obtaining strength must be employed.

In Dr. Chase's Nerve Food the most effective blood-building and nerve-restoring elements of nature are contained in condensed form, so as to be easily taken into the blood.

Under this treatment you soon find that the appetite is sharpened, digestion improved, and the vitality of mind and body greatly increased.

It takes time to thoroughly cure dyspepsia and its accompanying symptoms, but you can be certain that each dose of Dr. Chase's Nerve Food is of some benefit to you, and that the cure will be complete and lasting.

Mr. J. A. Gibbs, 86 Tom Street, Hamilton, Ont., writes:—"My principal trouble was indigestion, and as a result my appetite was poor and I was quite nervous. Frequently in the morning severe dizzy spells would come over me and in many ways I felt that I was not at all well. The use of Dr. Chase's Nerve Food has changed all this and my digestion is now such that I can eat almost anything. My appetite is good, my nervous system seems to be stronger and I do not know what it is to have the spells of weakness and dizziness come over me. I can strongly recommend Dr. Chase's Nerve Food."

Dr. Chase's Nerve Food, 50 cents a box, at all dealers, or Edmanson, Bates & Company, Toronto. Portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.