About the ....House

CLEANING CLOTHES.

It takes constant care to keep a woman's wardrobe in order, that she may present to the world a neat well-groomed appearance. Not alone care, either, but a fair knowledge of the best methods of cleaning and renovating her clothes, and it takes much time as well. A solid feather, a rusty black silk tie, lace that has lost its freshness, and beyond all else, spots, will ruin an otherwise attractive appearance.

Who has not viewed with sorrow a favorite waist that was marred by an untidy stain, or thrust a walking skirt into a dark corner of her closet because some mishap has occasioned a frescoing of soup down its front breadth? But if a simple method of cleaning is known and a little time expended, the waist or shirt may be restored to its honorable place in the wardrobe.

Gasoline, of course, is the tidy woman's cherished friend, but great caution must be used lest this friend turn traitor. It should only be employed in the open air room where the windows are thrown up. Never under any circumstances leave or use it in a room where there is gas.

A much soiled white feather was restored to a beautiful sunny white by placing it in a tall glass jar, the kind used for preserving purposes, which was filled with gasoline. The feather was allowed to remain in the jar for half an hour; it was then removed, shaken, to free it from its tangle, and placing in front of a register. The heat curled the tips of the tines, and at the same time it was deodorized. A fresh and dainty adornment was the result.

Soiled gloves, both kid and silk, may be placed upon the hands and washed in gasoline.

The front of a white silk blouse and pale cloth vests may be treated to a gasoline bath; so also laces and ribbons.

Of course expensive or very delicate lace is best treated by true and tried methods. One is to place the lace in a basin of very soapy water. There are several good soaps to be purchased cheaply, so beware of using the common kitchen quality. When much soiled a small pinch of soda may be added to the water. After soaking for some time sop between the hands, and rinse in several waters. It should be ironed when pretty dry, between two flannels.

White velvet may be greatly freshened by an application of chloroform. First brush and beat the velvet free of all dust. Pin it out smoothly upon an ironing board and have plenty of clean cloths on hand. Dip a cloth in chloroform, rub lightly over the velvet, then with another fresh cloth rub the surface gently. Haste is absolutely essential, because the chloroform evaporates so quickly, and to avoid unseemly rings.

When washing silk waists always iron them upon the wrong side.

A grease spot upon silk will disappear if French chalk is allowed to remain upon it for several days.

Black cashmere and other soft black fabrics may be made to look almost new if treated thus. Make a lather by adding eight ounces of soap and one ounce of oxgall to a pan of warm water. Wash the cashmere in them, rinse thoroughly in cold water to which alum has been added. Hang out of doors and iron when nearly dry.

SOUR MILK RECIPES.

Graham muffins—One egg, 2 cups sour milk, 1 teaspoon soda, two tablespoons sugar or molasses, 1 cup pastry flour, 2 cups graham flour. Make griddle cakes the same only little thinner. For johnny cake, use Indian meal (granulated) instead of the graham flour.

Raisin pie—Half cup raisins, stoned and chopped, half cup sugar, half cup sour milk, 1 egg, half teaspoon salt, half teaspoon clove, one teaspoon cinnamon, two teaspoons vinegar. Mix and bake in two crusts. Tastes very much like mince pie.

Raisin pudding—Two cups sour milk, 1 cup molasses, half cup sugar, 1 teaspoon each of soda, salt and spices of all kinds, 1 heaping cup of raisins, seeded. Add pastry flour to stir very stiff and steam three hours. Serve with liquid or egg sauce.

Pie crust—To one quart of flour add 1 teaspoon of soda, and the usual amount of salt and lard, mix with sour milk instead of water.

Mock lemon pie—The yolks of two eggs well beaten, add 1 scant cup of sugar and 1 heaping teaspoon cornstarch. Beat all together well, then add 1 teaspoon lemon extract and 1 cup of thick sour milk. Beat all with eggbeater and bake like custard. Frost with whites of 2 eggs, and 2 tablespoons sugar. Spread on pie and brown.

Spice Cake—One cup sugar, half cup butter or beef dripping, 1 egg, two-third cup sour milk, 2 cups pastry flour, even teaspoon soda, half teaspoon salt, cinnamon, clove, nutmeg, half cup cream may be used instead of butter. If you like you can leave out the spice and flavor with lemon.

Ginger Bread—One cup molasses, one cup sour milk, half cup melted lard, 1 egg, 1 teaspoon soda, half teaspoon salt, 2 teaspoons ginger, 4 cups pastry flour. Good, hot or cold.

Cinnamon cookies—Half cup butter, 2 cups sugar, 1 egg, 1 teaspoon cinnamon, half teaspoon soda, half cup sour milk, pastry flour to make a soft dough. Use nutmeg or vanilla instead of cinnamon. If you like you may also add chopped dates or raisins.

Spice Cookies—Put 1 cup molasses and 1 teaspoon soda in a bowl and stir well together. Put 1 cup sugar and 1 cup shortening in another bowl and rub them to a cream, add 1 cup sour milk, 1 teaspoon clove, cinnamon, nutmeg, salt, then the molasses and soda and flour to make a soft dough.

OLD-FASHIONED DINNER.

Pea Soup.
Veal Pot Pie.
Boiled Potatioes.
Baked Squash.
Cabbage Salad.
Apple Pie.
Coffee, Tea.

To make a delicious veal pot pie enough for five or six persons:

Cut three pounds of the breast of veal and a half pound of salt pork into pieces about an inch square. Put the meat into a large kettle over the fire with enough cold water to cover it well. Add two medium sized white onions, cut into small pieces; twelve pepper corns or one small red pepper, two whole cloves, and a teaspoonful of salt. Cover the kettle; let the water come very slowly to the boiling point, carefully removing all skum as it rises. When the broth is quite free from scum, cover the kettle and set it where its contents will simmer for about two hours. If the broth gets too low in the kettle add boiling water from the tea kettle.

During the last half hour the meat is cooking, make the hough for the pot pie after these directions. Sift a quart of flour with a teaspoonful of salt and three heaping teaspoonfuls of baking powder into a large bowl. Put a heaping tablespoonful of butter in the sifted flour and mix it thoroughly until the whole is in little globules. Then stir in enough milk to make a dough as stiff as for tea biscuits. When thoroughly mixed turn the dough on a well floured pastry board and roll it out half an inch in thickness. Then cut into round shapes with a biscuit cutter. When the meat has cooked two hours carefully lift these biscuits with a pancake turner and slide them as quickly as possible into the kettle. Cover it closely again and let the whole cook for 20 minutes. Remove the cover and with a skimmer quickly lift the dumplings from the kettle. Lay them around the edge of the platter, putting the meat in the centre. Add a generous tablespoonful of butter and a half pint of cream to the broth. Let it come to a boil. Then thicken it with two tablespoonfuls of flour dissolved in half a pint of milk. When this has boiled one minute pour it over the meat on the platter and serve.

SIZE OF THE CUBIT.

New Discoveries Will Reduce the Biblical Measurements.

The measurements of Biblical buildings and persons have ever been a source of awesome wonderment to the youthful, and a matter of considerable trouble to those students of history and archaeology who have found much in the books of the Old Testament that is confusing and seemingly contradictory.

All measurements mentioned are so many "cubits," and what that cubit represents in metrical or English measurements has so far been more or less conjectural.

A cubit of one foot six inches has so far been accepted, and upon this many measurements that in the present age are regarded as inexplicable have been built up.

It has been left for the Rev. W. Shaw Caldecott, a well-known lecturer upon the subject, to discover from the evidence of the Bible itself and from scholarly deductions from the famous Senkereh tablet the existence of three cubits.

A thousand years before the birth of Abraham, these three "ells" or cubits were in use, says Mr. Caldecott. They represented respectively nine-tenths, one and a fifth and one and a half of English foot. The first was used exclusively for the measurement of gold and gold tapestry work, the second for building work, and the measurement of objects and persons, the third for measuring areas only.

Mr. Caldecott's calculations enable us to obtain a more accurate idea of the dimensions of some Biblical figures.

Goliath was by no means the mighty giant he was believed to be. By the side of Chawng, the Chinese giant, he cuts an ordinary figure. The great bed of Og dwindles to something just more than ordinary size, and the tower of Solomon's magnificent temple scarcely overreaches the clock of St. Paul's.

Whether mathematicians and Assyrian scholars accept the interpretations of Mr. Caldecott remains to be seen.

A Stubborn Cold or Bronchitis

yields more readily to Scott's Emulsion of cod-liver oil than to anything you can take.

When you awake in the night choked up and coughing hard, take a dose of the Emulsion, and you will get immediate relief when no cough medicine will help you. It has a soothing and healing effect upon the throat and bronchial tubes. Most people know

Scott's Emulsion

as a great body builder, but it is equally good to allay inflammation and cure colds and violent coughing.

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

HEALTHY LUNGS.

Depend Upon Rich, Red Blood—Poor Blood Means Weak Lungs and Fatal Consumption.

Every drop of blood in the body must go through the lungs. That is why the lungs are helped, and healed and strengthened with the great blood-builder, Dr. Williams' Pink Pills. They fill the veins with pure, rich red blood that gives health and vigor to weak lungs. That is the way Dr. Williams' Pink Pills brace the lungs to throw off bronchitis and heavy colds. That is the way Dr. Williams' Pink Pills build up the lungs after an attack of la grippe or pneumonia. That is the way Dr. Williams' Pink Pills have saved hundreds in Canada from consumptives' graves. No other medicine does this work so speedily and so well. Mrs. Jane A. Kennedy, Douglastown, Que., says:—"My sister, a young and delicate girl, took a severe cold when about seventeen years old. Nothing we did for her seemed to do any good, and we feared she was going into consumption. Often after a bad night I would get up early to see if she had spit blood during the night. A friend strongly urged me to give her Dr. Williams' Pink Pills, and within a month from the time she had begun their use, she had almost recovered her health. Under the continued use of the Pills she is now well and strong."

Dr. Williams' Pink Pills not only make weak lungs strong, but they cure all troubles arising from a poor or deficient blood supply, such as anaemia, indigestion, rheumatism, neuralgia, general weakness, St. Vitus dance, headaches and backaches, kidney troubles, palpitation of the heart, and the special secret ailments of young girls and women. Insist upon the genuine with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around each 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.

PERSONAL POINTERS.

Interesting Gossip About Some Prominent People.

The Queen of the Hellenes probably dispenses more of what may be described as "official kisses" than anyone on earth. Every lady presented to her with whom she is on intimate terms she kisses on the cheek; others who have not the honor of knowing her well she kisses on the forehead.

When he was at Eton it is said that the Duke of Westminster was known as "Jack Sheppard." He was at that time a small, thin boy, with a sharp figure and face. He wore his hair somewhat closely cropped, after the French fashion, so that he was the living image of Cruikshank's picture of Jack Sheppard in Ainsworth's famous novel.

Theodore Roosevelt is 5 feet 9 inches in height and weighs 165 lbs. He exercises daily, if it be only a series of movements without apparatus, executed in his bedroom before his morning bath. He is of full-blooded habit—the kind of man who grows very stout—but through exercise he keeps his chest measure 8 inches greater than that of his waist and has no superfluous flesh.

King Edward is largely his own physician, and a happy combination of exercise and self-denial accounts for the preservation of a fine constitution. Now almost an ascetic at the table, he may say, in the words of the late Sir William Harcourt, "I feel best when I eat least." He may add his Royal testimony to that of Mr. Chamberlain in praise of a good cigar. King Edward is a mighty cigarette smoker.

Prince George of Greece is remarkable for his fine physique, being well over 6 feet in height, proportionately broad, and exceedingly muscular. When travelling in Japan with the Czar, then Czarevitch, his great strength and alertness were the means of saving his cousin from a blow aimed at him by a fanatic with an immense club. Prince George felled the assailant with a staff, which is one of the most cherished possessions of the Winter Palace.

The late Mr. Val Prinsep's unusual name was the cause of not a few amusing blunders, which no one recalled with such gusto as their victim. Thus, on one occasion, having been invited to a dinner-party at Lady Cowper's in St. James's Square, London, the artist was asked his name in the usual way, but from the footman's repetition of the question he perceived that it had not been grasped, and said it again very clearly, "Prins-ep." Judge of his astonishment, however, when the man proceeded to announce him in stentorian tones as "Prince Hep!"

Mme. Flammarion, the distinguished wife of her equally distinguished husband-astronomer, never allows anyone to cut her husband's hair but herself, and she uses the shorn locks for pillows. Her home in Paris is full of such pillows stuffed with clippings. Telescopes, heliometers, sextants, astrolabes, and other astronomical instruments are scattered all over the room among them. The Flammarions were married thirty years ago; therefore, taking the average time of a man's growth of hair between each cutting as three weeks, the treasured accumulation of over 500 hair-cuttings must make a goodly pile.

By the conduct which gained him the V.C., Vice-Admiral Sir A. K. Wilson long since proved himself to be a "cool hand" in an emergency. It was when the Naval Brigade were in the fighting at El-Teb that Captail Wilson, as he then was, performed an act of gallantry which Sir Redvers Buller, who was present, declared to be the most courageous thing he had ever witnessed. A gap was made in the British square, and half-a-dozen of the enemy rushed forward to pierce the ranks. Captain Wilson, who advanced alone to meet them, broke his sword in attempting to cut one of them down. Without receding a step he threw aside his broken weapon and tackled his assailants with his fists, flooring each in turn while the square closed up

BEAST AND WIRE.

New Diversions of Animal Kingdom in East Africa.

The animal kingdom in British East Africa looks upon the 2,100 miles of telegraph wire strung through that region as an innovation to be utilized. The wires arouse curiosity and stimulate experimentation. A number of genera and no end of species are trying to find the adaptation of the telegraph to their special purposes; and so the routine of the telegraph business is more or less crowded with incidents of an unusual character, some of which are mentioned in the latest official report. This speaks of monkeys as incorrigible. Many of them have been shot and thousands frightened, but they cannot get over the idea that the wires are merely a new facility for their athletic performances in mid-air. They have ceased to pay attention to the locomotives, and even the shrieks of the whistle are not permitted to interfere much with the fun of swinging on the wire. Three wires are strung on the same line of poles for 584 miles between the Indian Ocean and Victoria Nyanza, giving an opportunity for more complicated performances. The Kilavu forest is mentioned as a place where monkeys, in their evolutions, sometimes succeed in twisting the wires together.

The gentle giraffe is also a source of annoyance. He sometimes applies enough muscular energy to the bracket on which the wire is fastened to twist it around, stretching the wire and causing it to foul with other wires. The hippopotamus is also a nuisance, because he rubs up against the poles and sometimes knocks them over.

These creatures, however, do not steal the wire. Thievery was the greatest evil with which the telegraph builders had to contend, and the evil has only recently been suppressed. When the copper wire was stretched north-east from Victoria Nyanza through the Nsoga country, the natives cut out considerable lengths of it; and at one time about forty miles of wire were carried away and never recovered. Passing caravans found also that they could help themselves along the way by cutting the wire and using it in the barter trade. The temptation was great and not always resisted, for wire would buy anything the natives had to sell. A great deal of energy was expended in stamping out wire stealing and it now seems to be a thing of the past.

Fifty-nine offices are receiving and sending telegrams in British East Africa and Uganda. Wires connect the sea-coast with Albert Nyanza, where Emin Pasha was so long cut off from the world by the Madhists. Telephone messages are constantly being sent between Mombasa, on the coast, and Nairobi, 328 miles inland, and the telegraph business last year amounted to 42,159 messages.

"THE SECRET" Of a Cup of Tea In Perfection is revealed in the use of delicious

"SALADA"

Ceylon Tea—Black, Mixed or Green

Lead Packets only. Highest Award at St. Louis 1904.

MOTHER'S ADVICE.

"I would advise mothers to stop dosing their little ones with nauseous castor oil and soothing stuffs, and use only Baby's Own Tablets." This is the advice of Mrs. Joseph E. Harley, of Worthington, Ont., who has proved the Tablets the best medicine in the world for the troubles that afflict young children. Mrs Harley adds:—"My little one had no other medicine but the Tablets since she was two months old, and they have kept her the picture of good health." These Tablets are good for children of every age, and speedily cure all stomach and bowel troubles, break up colds, prevent croup, expel worms and allay the irritation of teething. And you have a solemn guarantee that there is not a particle of opiate or harmful drug in this medicine. Sold by all dealers or sent by mail at 25 cents a box by writing The Dr. Williams Medicine Co., Brockville, Ont.

You have no right to complain that the sermon is thin if you are keeping the preacher on a water-gruel salary.

What Colds Lead To

Not the Lungs Only But Every Organ of the Body In Danger From Neglected Colds.

DR. CHASE'S SYRUP OF LINSEED and TURPENTINE

Most people know that such ailments as pneumonia and consumption have their beginning in a cold, but all do not realize that other vital organs of the body are almost equally liable.

Not infrequently colds settle on the liver or kidneys, causing serious disease of these organs.

In other cases colds hang on until the system is run down and exhausted, and so left in a fit state to fall prey to contagious diseases.

The only safe way is to speedily get rid of all colds before they become fastened on the system.

This can be accomplished by the use of Dr. Chase's Syrup of Linseed and Turpentine.

This medicine has come to be considered indispensable in the home as a cure for colds, bronchitis, croup, asthma and whooping cough.

Mrs. Wm. Ball, Bracebridge, Ont., writes:—"I can recommend Dr. Chase's Syrup of Linseed and Turpentine most heartily for all forms of colds and I think that if every family would use it for their little ones it would save lots of worry and expense as I find it prompt and lasting in its effects.

"My three youngest boys had whooping cough this winter and we could get nothing to help them until I sent for Dr. Chase's Syrup of Linseed and Turpentine It arrested the coughs at once and they kept right on improving until they were cured at a cost of one dollar. That was not a large bill for so dangerous and distressing an ailment."

Dr. Chase's Syrup of Linseed and Turpentine, 25 cents a bottle, 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 bottle.