About the ....House

SOME DAINTY DISHES.

Roman Sauce.—Put one teacup of water and one of milk on the fire to scald, stir in a tablespoonful of flour and three well-beaten eggs. Season with pepper and salt, two ounces of butter, and a tablespoonful of vinegar. Boil four eggs, slice and lay over the dish. Serve with boiled tongue, beef, venison, or fish.

Chicken Curry.—Singe and cut the chicken at the joints and remove the breast bones. Wipe, season with salt and pepper, dredge with flour, and brown each side lightly in hot fat. Put it into a stew pan. Fry one large onion, cut in thin slices, in the hot fat left in the frying-pan, till yellow, being very careful not to burn it. Mix one heaping tablespoonful of flour, one teaspoonful of sugar, and one tablespoonful of curry powder, and brown them in the hot fat, adding a little more if there is less than a tablespoonful. When well browned, add slowly one cup of water or stock, and one cup of strained tomatoes, or one sour apple, chopped fine. Add more salt and pepper, fine. Add more salt and pepper if needed. Pour this sauce over the chicken and simmer one hour, or until tender. Add one cup of milk or cream. Arrange the meat nicely on the middle of a large platter, with hot boiled rice for a border. Pour the sauce over the meat, and serve at once.

Potato Pastry.—Boil some nice, dry potatoes, and pass them when cold through a sieve or masher. Take three ounces of mashed potato, three ounces of flour, one teaspoonful of baking-powder and a pinch of salt. Mix all well together, and then rub into it with the finger-tips three ounces of lard or good beef dripping. Add sufficient cold water to make it into a stiff dough, roll out, and use for pies, fruit tarts, puffs, etc.

Ham and Eggs with Rice.—First boil a teacupful of rice till tender, and dry before the fire till each grain is separated. Put a tablespoonful of bacon fat into a saucepan, add the rice, season with pepper and salt, and make hot. Put the rice, etc., on a hot dish, and arrange on it slices of fried ham. Place a lightly poached egg on each, and serve. Scatter finely-chopped parsley over all, and you will have a very dainty-looking dish.

To Make Preserved Ginger.—Place the quantity of root ginger you require into boiling water every night and morning for fifteen days; then remove the outside skin with a sharp knife. Boil the ginger slowly in water till quite tender, and cut in lengths. Prepare a syrup of one pound of sugar to every half-pint of water, clarify it, and put the ginger in it: Boil till clear. Allow the preserve to get quite cold before placing in jars.

Lemon Curd—Take two lemons and six ounces of loaf sugar, rub the sugar on the outside of the lemons till the zest is all removed and only the white pulp remains. Put the sugar into a basin and add the strained lemon-juice. Take four ounces of butter and make it hot in a basin on the stove, then pour it on the sugar and work with a spoon till thoroughly dissolved. Gradually add four eggs to this mixture. Lastly, add as much cold boiled potato as will make the "curd" of a nice consistency.

Potted Rabbit may be made a very savory course as follows: Take a nice fresh rabbit, remove the liver, kidneys, etc., and stew in a little stock with one onion stuck with cloves, a carrot, some celery, and a few allspice. When the meat is quite tender, cut it small, and pound in a mortar with sufficient cooking butter to moisten it. Season highly with salt, cayenne pepper, a little mace, and, if necessary, a little powdered allspice. A few drops of anchovy sauce will help this relish, and should be thoroughly mixed. When all is pounded smoothly place in jars, press down, and cover with run butter. The bones and vegetables can have a little more water added to them, and will make excellent soup.

Brown Bread.—Weigh seven pounds of wholemeal flour, put it into a pan, and make a hole in the centre. Mix two ounces and a half of yeast with one quart of warm water, pour this into the pan, and with a spoon work enough flour into it to form a light batter; dust some flour over it, and set to rise for one hour near the fire. After this time the dough will have risen and the meal will be cracked. Then work in more water and a dessertspoonful of salt until you have kneaded all into a light dough and all the paste has worked off your hands. Set this to rise for an hour, covering with a cloth. Make into loaves and bake one hour. If this bread is browner than you like, put one pound of white flour to six pounds of whole meal.

WAYS OF COOKING HADDOCK.

Did you ever have the bone removed from a small haddock and broil it over a hot fire, remove it from the broiler to a platter and cover it with a generous quantity of butter, salt and pepper? Just try it. It is an old-fashioned way of serving and was called broiled scrod, in the good old days. This way of cooking haddock was practiced more generally when the old-fashioned grid-iron was in vogue. If you are not fortunate enough to possess one of these handy articles, and do not wish to use a broiler, which is more difficult to manipulate, take a large iron fryingpan and heat it very hot, put a very little butter in it, just enough to keep the fish from sticking, but do not add any more during the cooking process. Your fish, if properly prepared at the market, will have been spilt lengthwise, all of the head part cut off and the bone removed. Dredge the fish with a little flour on both sides to prevent sticking, and cook it meat side down. If your fire is sufficiently hot it will brown very quickly; then turn it very carefully to prevent breaking, and finish cooking on the other side. Remove the two pieces of fish very carefully to a platter. Butter generously. Salt while cooking.

Baked haddock is very nice. The fish may be put in the oven in an open or a covered pan, with salt rubbed over it, and generous pieces of butter upon it, for those who from principle do not use pork. It may be stuffed, or not, as desired. About 40 minutes will usually bake a moderate sized fish. The water in the pan which has come from the fish will have absorbed some of the butter; if not enough, add more, with a little flour, and you have your gravy.

Haddock may be cut in a thick piece and boiled, like halibut, and it is very nice served with a sauce made by rubbing butter and flour smoothly together and adding hot water to it while stirring rapidly.

Haddock cut in small pieces, dipped in Indian meal and fried, is also very nice. But we wonder how many have ever tried beef fat instead of pork or lard to fry it in. It is sweeter and more wholesome than either, and if the flavor of the pork is desired, a slice or two may be used for that purpose.

ARRANGING FURNITURE.

To most housewives one of the delights of spring-cleaning is the opportunity it affords for giving the rooms a different appearance by the re-arrangement of the furniture. When every article, even the heaviest, has been moved out of its accustomed place, the inclination is strong to try their effect in different positions. The natural love of change is gratified, as if we had got a new suite of rooms. There are possibly several different arrangements which would be equally satisfying to the eye and to comfort. But in rooms of moderate size, having found the most suitable position for large objects such as beds, sideboards, bookcases, it is better not to make any change in these. One is sometimes surprised at the unnecessary, projecting awkwardness of, say, a wardrobe, and when the person responsible is asked why she put it there, she will probably reply, "Oh, I thought I'd like a change!" In carrying out our plans of alteration, do not let us overlook the comfort of the master, or, indeed, of any man of the household. The average man does not like to meet with change in the familiar objects of the rooms he lives in. The chair he likes best ought always to be in the same place. Do not from mere love of change, remove his book case, or shelf of books, or his pipe-rack, or the small table which holds his newspaper—not even to what one might consider a more appropriate place. The comfort of all the members of the household is the first consideration. Do not suggest removing a writing desk without the user's unqualified approval and consent. Having made concession to the material comfort and confirmed habits of the other members of the family, we may indulge our fickle fancy in the direction of picture-hanging. There are many of our own pictures with which we are little familiar, because they hang in rooms or in situations where we seldom give them more than a passing glance. A yearly interchange of some of these is a source of great interest. A change of bedroom pictures would be agreeable to the most conservative men. Of course, anything which is specially a personal possession, or which is peculiarly dear to one individual, ought not to be moved. There is, however, a great charm of its kind in the house which never varies the details of its furniture.

CONSUMPTION

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BLACK OWING TO SUN.

Nature Provides Negroes a Pigment as Protection.

Surgeon-Major Charles Woodruff, of the United States army, has solved the interesting puzzle, "Why Is the Negro Black?"

The answer, roughly summarized is that his blackness is his defence against the dangers of the sun. The entire question is treated by Major Woodruff in an exhaustive treatice under the title of "The Effects of Tropical Light on White Men."

Sun rays are divided into two classes—long and short. The latter are dangerous to all persons who are not defended from them; the former make for heat. To avoid both these dangers the pure negro has evolved a black skin and nocturnal habits. The defensive skin is an armor of pigment just under the outer skin. It varies in intensity of color from the coal black negro of the tropics to the white man of northern latitudes. The pigment is always there—just sufficient in strength to resist the danger in different climes. This accounts for the varying colors of different races—black, red, yellow, copper, and white. It is only absent in Albinos—a sign of degeneration, explains Major Woodruff.

An extreme illustration of the danger of rays is provided by radium. It is stated that a single pound of radium in a room would kill everyone present by the blasting force of its rays. The negro's nocturnal habits are rendered necessary by the conversion of dangerous sun rays into harmless but uncomfortable heat rays. This is how Major Woodruff states the facts of the case in this respect:

"The negro is really a nocturnal animal, like the other black animals of the tropics. Left to himself, he behaves like a cat—inclined to sleep all day, hiding away somewhere, and becomes lively, energetic, and active at night. In the Southern States the plantation negroes can be heard all night long, prowling, shouting, singing, courting, and chicken stealing. Their dances, camp meetings, and household habits are based on this noctural instinct to hide from the light even if they are better protected than we."

The negro's natural armor is only efficacious against natural heat. When exposed to artificial heat in a dark atmosphere, the black skin ceases to throw off heat, and the negro suffers. In a stoke hole, for instance, he is usually the first man to collapse, even when white men are unaffected.

HEALTH IN SPRING.

Nature Needs Assistance in Making New Health-Giving Blood.

Spring is the season when your system needs toning up. In the spring you must have new blood as the trees must have new sap. Nature demands it. Without new blood you will feel weak and languid; you may have twinges of rheumatism or neuralgia occasional headaches, a variable appetite, pimples or eruptions of the skin, or a pale, pasty complexion. These are certain signs that the blood is out of order. The only sure way to get new blood and fresh energy is to take Dr. Williams' Pink Pills. They actually make new, rich blood—they are the greatest spring tonic in the world. Dr. Williams' Pink Pills clear the skin, drive out disease and make tired, depressed men and women bright, active and strong. Mr. Neil H. McDonald, Estmere, N. B., says: "It gives me great satisfaction to state that I have found Dr. Williams' Pink Pills all that is claimed for them. I was completely run down, my appetite was poor and I suffered much from severe headaches. Doctors' medicine did not give me the needed relief, so I decided to try Dr. Williams' Pink Pills. I used only a few boxes when my former health returned, and now I feel like a new man."

Dr. Williams' Pink Pills are not only the best spring tonic, but are a cure for all troubles due to poor blood or shattered nerves. That is why they cure headaches and backaches, rheumatism, anaemia, kidney and liver troubles, and the special secret ailments of women and growing girls. But you must get the genuine, with the full name, "Dr. Williams' Pink Pills for Pale People," printed on the wrapper around each box. Sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for $2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

SMALL OXEN.

One of the greatest curiosities among the domesticated animals of Ceylon is a breed of cattle known to the zoologist as the "sacred running oxen." They are the dwarfs of the whole ox family, the largest specimens of the species never exceeding 30 in. in height.

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CAPTURING WILD BEASTS

SPORT THAT IS NOT MUCH INDULGED IN.

Gorillas Are Difficult to Take Alive —Giraffes Give a Deal of Trouble.

Any young man on the look out for an exciting occupation may be advised to turn his attention to the trapping of wild beasts for exhibition purposes, for there is no calling which offers an equal variety of dangers. And at the same time there is money to be made at it; a good giraffe is now-a-days worth anything from $5,000 to $10,000, and a full-grown gorilla would probably be worth twice the larger sum, while hippotami are quoted at very high prices. But the capture of such beasts as these is not easy to effect, hence the fancy prices quoted.

The giraffe falls into the professional trapper's hands but very rarely. It is a highly nervous creature, and, being very quick of hearing and fleet of foot, generally succeeds in eluding its pursuers.

In giraffe hunting, trappers generally employ a contrivance of three ropes joined together at one end and weighted at the other. Pursuing the animals out in the open land, the trapper draws as close to his quarry as the latter will allow and throws his entanglement in such a way and with so much skill that it winds round the giraffe's long legs and brings it to the ground, when the trapper rides up and secures his victim.

HARD TO CAPTURE.

Zebras are also caught in this manner, though the lasso used by cowboys is often employed. But the difficulty with the giraffe is to get near enough for the entanglement to be thrown the intervening distance.

Days and weeks trappers often spend in chasing flying giraffes and following their tracks, only to lose their quarry at the crucial moment or be forced to abandon the hunt as hopeless. When, however, a capture is made there is wild rejoicing at the animal repository for which the trapper works, for good giraffes are wanted in all the great zoological gardens of the world.

Contrary to what might be expected, elephants are easily taken by trappers who know how to go about the work, though they are very bad tempered, and not to be trifled with. The experienced trapper, however, runs little risk. He finds the place where elephants are evidently in the habit of passing or halting, and there, with his native assistants, he digs a great hole some twenty feet in diameter and five feet deep, erecting a strong, high, wooden fence all round it, except at one place, where a big gate is hung.

ELEPHANTS ARE EASY PREY.

Then from close beside the gate a long, low fence is built, and in this fence, only a few feet away from the gate of the trap, is an opening just wide enough to enable a horse to pass through.

When a herd of elephants is discovered in the neighborhood, the trapper rides out to meet them, and inveigles an elephant, generally a bull, to give him chase. This the animal is generally only too willing to do. It chases him at a good hot pace towards the trap, towards which the trapper rides. But when he is right on the gate of the trap, he suddenly swings his horse round and slips through the narrow opening in the fence, which has escaped the notice of the angry elephant, which, being very much less agile than the horse, cannot turn in time or stop itself, but plunges into the trap, the gate of which closes quickly after it, and lands it with no little force in the great hole prepared for its reception. And the great brute is the prisoner of a few pigmy men.

APES NO TROUBLE TO CATCH.

In this pathetic position it remains for a few days, subjected to the suffocating fumes of numerous fires lighted round the trap, driven stupid by every noise the trapper's assistants can produce, and deprived of food and water. Soon his spirit breaks, and completely humbled, almost with tears in his eyes, he is loaded with chains and ropes and led away, he, the mammoth of the wilderness, to be sold perhaps to some travelling circus for a couple of hundred dollars.

Apes of all sorts, excepting the gorilla, are more easily captured than any other class of wild animals and the fact points a moral. All the trapper has to do is to go among them, when they scurry off to their retreats among the boughs and watch him. He drinks, or pretends to drink, from a bottle containing a crude spirit, and than walks away, leaving the bottle behind him. Directly his back is turned the monkeys come down from their boughs and investigate the bottle, taste its contents. They like the strange beverage and fight among themselves for possession of the bottle. In due course the trapper returns and gathers up the animals that have been overcome by the intoxicant.

The gorilla, however—the most fearful beast to be met with in any wilderness—cannot be caught in this way; indeed, it is said that

A FULL-GROWN GORILLA

has never yet been captured alive; certainly no sane man would attempt such a feat. The few gorillas that are occasionally seen in captivity are the victims of infantile indiscretion or are common baboons. Gorillas fear nothing, which makes them terribe foes; and even when mortally wounded their ferocity, quickness, and strength are simply astonishing.

When a wild-beast trapper meets a gorilla, the market value of the beast may occur to his mind, but it does not tempt him to try to make a capture; he exerts all his coolness and daring to mark a vital spot in the beast's huge frame, and while the brute swings rapidly forward to attack him, he shoots it dead. If his aim is bad, the probability is that a human skeleton will mark the place where the encounter took place.

Lions and tigers are frequently captured as cubs, their parents having been killed by huntsmen. This is more exciting sport than the alternative method of trapping the full-grown animals, for wild beasts, especially those of the cat tribe, are wonderfully brave defenders of their young, and if not hit in a vital part will carry a surprising amount of lead ere they will let their young fall into human hands.

TAKING A LION.

Trapping is always done at night, a hole being dug in the ground with a diameter of some twenty feet and a depth of two or three feet. Over this is stretched a strong net, hidden by brushwood and leaves, and having round its edge a strong elastic band.

Directly the animal walks on the net and sinks into the hole the elastic band is liberated and immediately closes the net around the animal. In this position the captive is dragged into a strong cage prepared for it, there to await removal at the trapper's convenience.

Catching boa-constrictors is not to be lightly indulged in; the risk of being in their vicinity is sufficiently obvious, but the work is neither so difficult nor as dangerous as one would suppose. They are generally made victims of their own faulty digestions.

A tempting bait in the form of a young deer or antelope (natives in India have been known to use their infants for the purpose) is tied in the jungle where snakes are known to frequent.

From time to time the trapper returns until the bait is found to have gone from its place. Then he knows his quarry is as good as taken, for somewhere near he will certainly find the boa-constrictor curled up in leaden slumbers, trying to "sleep off" the antelope, and far too dreamy to attempt to defend itself.—Pearson's Weekly.

A GUARANTEE TO MOTHERS

There is only one medicine intended for use among infants and young children that gives mothers a guarantee that it is free from opiates and poisonous soothing stuffs. That medicine is Baby's Own Tablets. Milton L. Hersey, M. Sc., public analyst for the Province of Quebec, and demonstrator in chemistry for McGill University says:—"I hereby certify that I have made a careful analysis of Baby's Own Tablets which I personally purchased in a drug store in Montreal, and said analysis has failed to detect the presence of any opiate or narcotic in them." These tablets cure all minor ailments of little ones, such as teething troubles, simple fevers, colds, constipation, diarrhoea, colic and worms. They make little ones sleep naturally because they remove the cause of sleeplessness. They are a boon to all mothers and no home where there are young children should be without a box of Baby's Own Tablets. Sold by all medicine dealers, or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.