About the ....House

PRESERVING STRAWBERRIES.

French Way.—To two pounds of large, not overripe, strawberries, weigh two pounds of granulated sugar. Put the sugar in a preserving kettle with half a pint of water. Let it melt over a slow fire, then simmer gently for half an hour; then boil rather quickly till the syrup is so thick it hardens when a little of it is dropped on ice. When the syrup is in the course of boiling, carefully pick over the berries, remove the stems and hulls. When the syrup has reached the proper state, add the berries, stand the kettle off the fire, cover it with the berries in the syrup, and let it stand for an hour; then return the kettle to the fire, remove the cover, and let the whole boil briskly for two minutes. Skim the surface well, then pour the preserves into small glasses and seal when cold.

Italian Way.—To each pound of berries weigh a pound of sugar. Pick the berries over carefully and remove stems and hulls. Put the berries in glass jars or big-mouthed bottles, filling each bottle two-thirds full; keep the bottle slightly inclined so the berries slide in gently and reach the bottom of the glass unbruised. Boil the sugar to a syrup that spins like fine hair when dropped from the spoon. Stand the glass jars or bottles with the fruit in a deep pan in which some straw is laid on the bottom; fill the pan with hot water to half the depth of the jars. Pour the syrup in the bottles over the fruit, let them boil in the pan of water two minutes then seal the bottles and stand them to cool.

German Way.—Allow three-quarters of a pound of sugar to a pound of fruit. Remove the stems and hulls carefully from the berries, and weigh the fruit after this is done. Put the berries in an earthen preserving kettle, with the sugar sprinkled in between and over the berries. Let them stand over night in the sugar. The next morning put the kettle over a slow fire, and when the berries have simmered five minutes lift them out with a skimmer, and lay them on a sieve to drain over a big bowl. Pour the juice that drains from the berries in the sieve over a dish. Let the syrup boil till it spins from the spoon. Skim it well. Put the berries in the syrup again, and let them simmer five minutes, then lift them out with a spoon, put them in jars, filling each jar half full. Let the syrup boil till quite thick, and pour it in the jars over the berries and seal them tight.

English Way.—Take equal weights of strawberries and sugar. Lay the fruit in deep dishes and sprinkle half the sugar over it, and give a gentle shake to the dish, that the sugar may touch the under part of the fruit. The next day make a thick syrup with the remainder of the sugar and the juice drained from the berries, and boil it until it jellies. Then carefully put in the berries, and let them simmer nearly an hour; then put them carefully in jars or bottles, fill them up with the syrup, and seal.

American Way.—Weigh one pound of fruit. Put the sugar into a preserving kettle, with enough water to keep it from sticking. Let the sugar boil to a thick syrup, then put in as many strawberries at a time as will cover the surface of the syrup without crowding them, and let them cook gently for twenty minutes; then skim them out carefully and lay them on platters to cool, so they lay separately. When they are cold put them into glass jars and strain the hot syrup through a fine sieve over them and seal the jars.

SANITATION OF THE KITCHEN.

A careless cook can in a short time create enough malarial or other poison in the kitchen to make herself and the rest of the family sick, writes Susanna W. Dodds, M.D. One of the first things for her to learn is to keep the dish towels and all the cloths used about the kitchen scrupulously clean. This is something that is very difficult to teach to the average cook, and often a filthy dish rag is hung up behind the stove, or it lies a foul and slimy mass in the sink or on the table. There are other ways of generating typhoid fever, diphtheria, etc., than from bad plumbing, though the latter is a common cause in many homes.

All the cloths, dishes, pots, pans, and other cooking utensils should not only look clean but be clean. I have seen sauce dishes and even plates actually stick together from being set away dirty; and where there is carelessness in this respect the sink itself is often in an insanitary condition. Grease or greasy water is poured down the pipes; these become lined with anything that will stick to them, and foul odors escape into the room. Even cooks the most tidy should use a disinfectant from time to time and keep the pipes clear. There are various preparations which may be employed, as sal soda, carbolic acid solution, and even common copperas, though this, if much used, will rust iron pipes badly. Boiling water poured down occasionally tends to keep the pipes in good condition. There should be a strainer over the opening of the drain pipe, to prevent its becoming obstructed, and if the sink is kept clean this will be a further safeguard.

Kettles or basins containing refuse, as apples or potato parings, skins of tomatoes, scraps from the table, etc., should not be allowed to stand around hour after hour in the kitchen until the whole is a seething mass of fermentation. Many cooks are extremely careless in this matter; it is a little trouble to go to the rear and empty the refuse into a garbage box or bin. The practice in some houses is to burn up all the waste from the kitchen, which would seem to be a very sanitary method, but in hot weather, when the gas stoves are in use and the range is not lighted for days and weeks together, its firebox is anything but a good receptacle for waste. It is better to take this directly to the garbage box, to be promptly removed at frequent intervals.

It should be the duty of either the cook or the housekeeper to inspect daily the icebox, cupboard and pantry, and see that nothing is left in them to spoil or ferment. Moreover, the ice chest should be thoroughly cleaned every few days; one cannot be too careful in these particulars. In fact, it is a good rule not to cook more than is needed from day to day; and one equally important, in planning a meal, is to see if anything has been left over that ought to be used. Such a practice is not only good economy, but it promotes domestic hygiene.

Tables made of soft wood, which soaks up water readily, or with large cracks running through them, often become receptacles for filth. A good way is to cover them over with zinc, this being easily kept clean.

REMEMBER THAT

Milk which is turned or changed may be sweetened and rendered fit for use by stirring in a little soda.

Salt will curdle new milk. Hence, in preparing milk porridge, gravies, etc., the salt should not be added until the dish is prepared.

Clean boiling water will remove tea stains and many fruit stains. Pour the water through the stain and thus prevent it spreading through the fabric.

Ripe tomatoes will remove ink and other stains from white cloth and from the hands.

A tablespoon of turpentine boiled with white clothes will aid in the whitening process.

Boiled starch is much improved by the addition of a little sperm salt or gum arabic dissolved.

Beeswax and salt will make rusty flat irons as clean and smooth as glass. Tie a lump of wax in a rag and keep it for that purpose. When the irons are hot rub them first with the rag, then scour with a cloth or paper sprinkled with salt.

Kerosene will soften boots and shoes that have been hardened by water and render them as pliable as new.

We like best to call

SCOTT'S EMULSION

a food because it stands so emphatically for perfect nutrition. And yet in the matter of restoring appetite, of giving new strength to the tissues, especially to the nerves, its action is that of a medicine.

Send for free sample.
SCOTT & BOWNE, Chemists,
Toronto, Ontario.
50c. and $1.00; all druggists.

SKINS OF WILD ANIMALS.

Many Are Becoming Scarce and Increasing in Value.

Skins of animals are daily becoming more rare and valuable. The spread of civilization is the extermination of the monarchs of the plain, the forest, the jungle and the hills, and their hides now ornament many a museum, clubhouse and drawing room.

The skin of the lion, the king of beasts, is among the most valuable of the rare skins. It is kingly, even as was the animal himself, and reveals the great strength and courage of the mighty form that it once protected. The skin of the full grown lion is about three yards long and one and one-half yards wide. Its hair is neither bright nor pretty, but its great shaggy mane crowns it like a rare jewel and makes it valuable.

The skin of the tiger is much prettier than the skin of the lion, and it, too, reveals the character of the beast which it once protected. Its bearded cheeks reveal the tiger's ferocity and cunning, and its yellow and black tiger stripes and its white belly of the stealthy nature of the great cat.

The American jaguar furnishes a pretty skin, despite its reddish white belly and its spots instead of stripes. The leopard, too, has a pretty pelt, its fur being light yellow with black spots. The skin of the black panther is also much admired.

Bear skins are trophies in many a civilized home. The black or the Canadian bear is the most common. The polar bear supplies a beautiful, soft, white, furry skin, but it is very rare. The skin of the American grizzly is now also quite rare. Although deer and moose are common game for hunters, yet few have succeeded in preserving their pelts with the fur on for any long period.

The American black wolf skin, with white spots on its snout and breast, is admired by some people. The Siberian wolf furnishes a fine, soft fur skin. Among farmer lads in this country it is popular to catch foxes during the winter and to tan their skins for rugs and for ornaments, but the fox skin to-day isn't by any means as valuable as are the skins of larger and fiercer animals, though the fox is growing more and more scarce.

A coat of skins of reindeer fawns only a few days old is said to be worth thousands of dollars. The skins match perfectly in color, and they are doubled so that the coat is the same inside as outside. This coat is as light as an ordinary raincoat, but warmer than heavy fur, and it is also waterproof.

Some skins of Manchurian tigers are also valuable. One skin is 14 feet long. A monster skin is that from a 2,200 pound grizzly. It measures 14 feet long, and the bear's head is two feet thick. Some rabbit skins from New Zealand may also be seen, though rabbit skins are not as rare or valuable.

WASTING ANAEMIA.

A Trouble That Afflicts Thousands of Young Girls—Cured by Dr. Williams' Pink Pills.

Dr. Williams' Pink Pills do only one thing, but they do it well. They fill the veins with new, rich, red, health-giving blood, which drives away all traces of anaemia, headache, backache, palpitation, nervousness, dizziness and despondency. The new blood they make brightens dull lustreless eyes, and brings the rosy glow of health to pale cheeks. In curing anaemia Dr. Williams' Pink Pills cure the foundation of consumption as well. The new blood they actually make gives new strength and vigor to every organ in the body, and enables it to fight whatever disease attacks it. That is why they are the best medicine in the world for girls in their teens—or women in middle life—and to all those whose blood is weak, watery or impure.

Miss Mazy E. Pratt, Blyth, Ont., gives strong testimony to the value of these pills. She says: "I was a sufferer for over a year with anaemia. I was completely run down, had frequent headaches, spells of dizziness and palpitation of the heart. I doctored all summer and was no better than when I began. I had practically given up all hope of finding a cure when my brother advised me to try Dr. Williams' Pink Pills. I got four boxes and when I had taken them I felt so much better that I got six boxes more, and before I had taken all these I was completely cured. I am more thankful than I can say for what the pills have done for me, as but for them I would not be enjoying good health to-day. I strongly urge all weak girls to give Dr. Williams' Pink Pills a fair trial."

Miss Pratt's experience proves the value of Dr. Williams' Pink Pills to every weak and ailing person. These pills can be had from any medicine dealer or by mail from the Dr. Williams' Medicine Co., Brockville, Ont., at 50c. a box or six boxes for $2.50.

NOTED WOMEN EXPLORERS.

Lady Florence Dixie's Patagonian Exploits.

Women as explorers are quite as dauntless and quite as successful as men, a geographer declared the other day. He instanced in proof of his declaration Lady Florence Dixie, Miss H. M. Kingsley, Miss Gordon-Cumming and Mrs. Jane Moir. Lady Florence Dixie discovered in Patagonia a people hitherto unknown to the ethnologists, the Araucanians. These savages, among other peculiarties, have not a hair upon their faces or heads. Every particle of beard, of eyebrows, and of lashes, as well as of every hair upon their scalps, is plucked out by the roots from childhood up. Lady Florence Dixie is the world's authority upon Patagonia.

Miss Gordon-Cumming has explored over 100 of the small islands of the Southern Pacific, and in Thibet she was the first European to visit many perilous and remote places.

Miss H. M. Kingsley, Charles Kingsley's niece, explored the Cameroon regions and the gorilla country of the Gaboon. In this expedition the dauntless lady slew seven gorillas with her own hand. Miss Kingsley next ascended the Rembwe and visited the Fangwes, a nation of confirmed cannibals. "Among the Fangwes," she said, "there are no burial places. The dead are cut up and kept in larders, precisely as civilized people keep their fresh meat. The bones, after the flesh is eaten, are scattered about the country."

To Mrs. Jane Moir, another African explorer, England owes the acquisition of Nyasaland.

HOW NICE OF HIM.

"Yes," said the fair young girl, everybody says I'm just the picture of mama."

"Well," replied the gallant youth, "you're certainly a very flattering picture."

As a Thirst Quencher

There is no other beverage can compare with

"SALADA"

Ceylon Tea, which is absolutely the purest and most delicious tea the world produces.

Black, Mixed or Green. Lead Packets only. By all Grocers.
Highest Award St. Louis, 1904.

ADVENTURES WITH LIONS.

The Big Beasts Are Frequently Encountered by Man.

News is to hand from two independent sources, says South Africa, of an extraordinary adventure that recently befell Mr. Dickert, a farmer living some 15 miles from Malindi Siding, on the Wankies line. Mr. Dickert went to bed at 10 o'clock and was just going to sleep when he heard what he thought was a pig grunting and sniffing outside the door. He got up and stepped outside to call his dogs, when he was seized by a lion. He shouted, and Mrs. Dickert ran out with a rifle, with which she hit the animal on the head, causing it to loose its hold.

Mr. Dickert immediately snatched at the rifle and fired, point blank, fortunately killing the lion at the first shot. The whole affair was over in a few seconds, and occurred close to the bedroom door, where the hungry animal had evidently been waiting. Mr. Dickert was badly scratched and had his arm lacerated where the lion seized him. Though sufficiently serious at the time, he now looks upon the adventure as one of the most novel of his experiences.

The people at Malindi Siding have been annoyed by a lion that developed the habit of coming right up to the station and was heard in the neighborhood of the railway men's houses. A short time ago the conductor of the Falls train and several of the passengers saw two young lions playing between the rails near the Gwaai.

Further up the line, in the direction of the Zambesi, the lions appear to be much more numerous. Not long since the native commissioner at Matetsi is reported to have had fifteen head of live stock killed in broad daylight by nine lions which were hunting together.

Quite lately two or three lions have been seen close to the Victoria Falls, on the south side of the river, but, for the reassurance of visitors, it may be mentioned that they only appeared at night and were exceedingly shy of any human being.

At Dett, which is on the same line of railway, a few weeks ago the remains were found of a white man who could not be identified and who appeared to have been killed and partly eaten by lions.

Another European when accosted for travelling without a ticket hastily left the train in the same district, made off in the darkness and has not been seen since. All of which shows that there is plenty of work awaiting the sportsman, even in southern Rhodesia.

SICKLY CHILDREN.

More children die during the hot weather months than at any other season of the year. Their vitality is then at its lowest ebb, and an attack of diarrhoea, cholera infantum or stomach trouble may prove fatal in a few hours. For this reason no home in which there are young children should be without a box of Baby's Own Tablets, which promptly cure all stomach and bowel troubles. If the Tablets are given to a well child they will prevent these ailments and keep the little one well and strong. Mrs. Joseph T. Pigeon, Bryson, Que., says: "My little one was attacked with colic and diarrhoea, and I found Baby's Own Tablets so satisfactory that I would not now be without them in the house." These Tablets not only cure summer troubles, but all the minor ailments that afflict infants and young children. They contain no opiate or harmful drug, and may be given with equal safety to the new born baby or well grown child. There are imitations of the medicine and mothers should see that the words "Baby's Own Tablets" and the four-leaf clover with child's head on each leaf is found on the wrapper around each box. As you value your child's life do not be persuaded to take a substitute for Baby's Own Tablets—the one medicine that makes children well and keeps them well. Sold by all druggists, or you can get them by mail at 25 cents a box by writing the Dr. Williams' Medicine Co., Brockville, Ont.

IN THE WRONG PLACE.

The tourist left the train at every station and went ahead to the baggage car to ask if his trunk was safe.

"Are you quite sure," he asked the baggage officer for the sixth time, "that my trunk is safe?"

"Begorra, I wish the Lord had made ye an elephant, instead of an ass," was the exasperated reply, "an' then you'd always have your trunk in front of you."

FROM BONNIE SCOTLAND

NOTES OF INTEREST FROM HER BANKS AND BRAES.

What Is Going on in the Highlands and Lowlands of Auld Scotia.

Glasgow is to have a motor fire-engine.

For some time past Wigtonshire seems to have been overrun with beggars.

There is some talk of a separate chair for diseases of women in Edinburgh University.

Somebody has calculated that 30,000 people are now driving motor cars in Scotland.

There are now not only penny-in-the slot gas metres in Stirling, but also slot electric metres.

Unlike the shawl trade, which is in a very bad condition, the tweed mills of Alva and Tillicoutry are very busy.

The United Free Church, notwithstanding all its troubles, had an increase of nearly three thousand members last year.

In one of the churches in Kelso, recently, the preacher paused in his discourse and reprimanded the choir for levity.

At Rothesay the Caledonian Railway Company have just put their porters and shore staff into smart uniforms, with plenty of gold lace and gold buttons.

An old MS. in the record room of the County Buildings at Inveraray shows that there were 114 landowners of the name of Campbell in Argyllshire in 1751.

A motor scorcher who was fined for reckless driving at Carlisle, pleaded he had "got reckless through driving in Scotland, where they could go as they liked!"

The once beautiful Ionic temple erected to the memory of Thomson, the author of "The Seasons," is now in a pitiful state. It stands on a small hill near Dryburgh Abbey.

The North British Railway Company are introducing electric lights into their signal posts, and the greasy man at stations who is known as "Lamps" will disappear in time.

Ayrshire contains nearly seventy miles of sea coast, but nature has been unkind to her in harbors. Androssan and Troon are the only places capable of being made useful to navigators.

ROMANS AND RAILWAYS.

Widths of Rails To-day Corresponds to Size of Chariots.

The ancient Romans made the standard gauge of England's present railways. The width of the wheel base of the most up-to-date dining car is what it is because it was originally that of the chariots which rolled along the Roman roads in Britain.

A recent speaker upon the subject at Newcastle has put the matter beyond theory. He said that, many years ago, he had known an old gentleman who, in his youth, had been associated with Stephenson. This old gentleman had told him that he had asked the great engineer why he had adopted the still existing gauge, and Stephenson had explained that he found it was the width between the ruts in the roads along the Roman wall, and that he thought that if a world power like Rome had found that gauge the most effective, he could not do better than adopt it also.

CREW OF SKELETONS.

A gruesome maritime discovery is reported by the Chilian Times, Valparaiso, which may clear up a mystery of a missing British ship. This journal reports that an expedition, which has proceeded to the Island of Guafo, off the South American coast, discovered on the shore the hull of a ship with a number of skeletons and many boxes of cargo. One of the spars of the ship bore the inscription, "Castleton, Newport." This is probably one of the fleet of Messrs. T. Benyon & Co., which trades between the Bristol Channel and the west coast of South America. She left Port Talbot early in April, and had not since been heard of.

"What will happen to you if you are a good little boy?" asked the kindly old lady. "I'll get a sugar-stick." "And what will happen to you if you are bad?" "I'll get two sugarsticks for promising to be good."