About the ....House

WITH TOMATOES.

Raw Tomatoes and Whipped Cream —Pair large, smooth tomatoes carefully and set on ice until chilled to the heart. Cut each in half when ready to serve, sprinkle lightly with salt and paprika and heap with whipped cream.

Tomato and Crab Salad.—Carefully strip the skin from six large firm tomatoes and remove the centres. Fill the hollowed vegetables with the chopped and seasoned meat of six boiled crabs. Set the stuffed tomatoes in the ice for several hours. Lay on crisp lettuce leaves and put a spoonful of mayonnaise dressing upon each tomato.

Tomato and Green Corn Salad.—Dig out the centers of pared and chilled tomatoes with a silver spoon; fill the cavities with boiled green corn from the cob and seasoned with salt and pepper and set on the ice until perfectly cold, then mix with French or mayonnaise dressing. Arrange the tomatoes upon an ice-cold dish lined with crisp lettuce and leave on the ice until wanted. Pass more mayonnaise with the salad.

Raw Tomatoes and Cucumbers.—Cut off the tops of large, firm tomatoes and carefully remove most of the pulp. Keep pulp and tomatoes in the refrigerator while you peel and cut into small dice ice-cold cucumbers. Mix the cucumber dice with the tomato pulp, fill the tomato shells, set them on crisp lettuce leaves and pour a great spoonful of mayonnaise dressing over each.

Tomato and Nut Salad.—Prepare the tomatoes as in the last recipe. Have ready a pint or more of nut meats, blanched by pouring water over them, then skinned, and when cold cut into dice and mix with mayonnaise dressing. Fill the tomatoes with this. Serve on lettuce leaves.

Tomato and Beet Salad is made like the foregoing, substituting for shrimps or crab meat tiny cubes of cold boiled beets served with mayonnaise or French dressing.

Tomatoes and Green Peas.—Select large, firm tomatoes, peel them, cut off the tops and remove the seeds and soft pulp, leaving a thick outer wall of the firm flesh of the tomato. Fill each cup thus made with cold boiled green peas and place it upon a leaf of lettuce. Arrange these in a salad bowl or upon a platter, and, in serving, heap a tablespoonful of mayonnaise on each cup, or pass the mayonnaise in a bowl or pitcher, in which is placed a spoon or small ladle, and let each guest help himself.

Tomato Soup.—One pint of tomatoes, cut up, or the juice from a can of tomatoes. Half a cup of rice boiled tender, but not broken, and a good cupful of water in which it was cooked. One small onion, minced; one cup of milk, three tablespoonfuls of butter made into a roux with as much flour. A teaspoonful of white sugar. Season with pepper, celery, salt and minced parsley. Add a good pinch of soda to the milk. Stew tomatoes and onion together for half an hour, and rub through a colander into a saucepan. Return to the fire with the boiled rice and rice water, season to taste, add the sugar, then the roux-made liquid with a little of the hot broth; boil up, stirring well, and pour into a tureen, where you have already put the scalding milk and soda. Serve while still foaming.

Tomato Aspic.—One pint of tomato liquor, strained from the can or from fresh tomatoes, stewed. Half a box of gelatine soaked for half an hour in a cupful of cold water; one slice of onion; one bay leaf; two cloves; a spray of parsley; salt and cayenne to taste. Stew the bay leaf, onion, parsely and cloves in the tomato liquor for fifteen minutes, stir in the gelatine, season and strain the aspic through flannel without squeezing. It may be used like a cucumber jelly, as a salad, served on lettuce, or to garnish other salads or dishes of cold meats. Some cooks add a little beef extract to the jelly but it detracts from the distinctive flavor of the tomato.

Spiced Tomatoes.—To four pounds of sound red tomatoes take two pounds of light brown sugar, one pint elder vinegar, half ounce of cloves, and half ounce of stick cinnamon; boil all together in a porcelain-lined kettle until the tomatoes are cooked; take the tomatoes out and put them on dishes to cool, letting the syrup go on simmering slowly; when the tomatoes are cold return them to the syrup for a little while; let them become cold before putting them in the jars. The syrup must be boiled down as quick as molasses, and poured cold over the tomatoes, tie them down with waxed paper.

CONTINUE

Those who are gaining flesh and strength by regular treatment with

Scott's Emulsion

should continue the treatment in hot weather; smaller dose and a little cool milk with it will do away with any objection which is attached to fatty products during the heated season.

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

THE SCIENCE OF MEALS.

It would be safe to prophecy that every woman will at some time have to wrestle with the perplexing problems concerning the saucepan and the kettle, for no matter where her career takes her, she must be fed. Until recently housekeepers planned their meals with a careless disregard to the chemical properties of foods and the combinations of meats and vegetables served at their tables were the more or less happy result of economy, convenience or custom. With them it was a question as to whether there were turnips or cabbages in the vegetable cellar, and not a matter of nitrogen or fats which were needed to supplement the steak and potatoes. The girl of to-day is being educated to study this question of starches, fats and sugars that each meal may contain the nutrition most needed by the family. Study of the chemical properties of foods is one feature of the cooking classes established in the last few years, and even mothers who can themselves cook realize that there are a great many things in connection with the art which they are not qualified to teach their daughters, because they have never learned themselves. One may be able to make an excellent loaf of bread, without knowing much about the constituents of the "staff of life." The girl of the cooking schools will not make the worse bread because she understands the science as well as the art of it.

A COOKING TIME TABLE.

Many housekeepers, young and old, are in doubt as to the right time to cook vegetables and meats, so that the following table is given, with the hope that it may prove of value:

Baking meats—Beef, sirloin, rare—Eight minutes for each pound. Well done—Ten to fifteen minutes for each pound.

Beef, rib or rump—Ten to fifteen minutes for each pound.

Beef fillet—Twenty-five minutes.

Lamb, well done—Fifteen minutes for each pound.

Mutton, rare—Ten to twelve minutes for each pound.

Mutton, well done—Fifteen to eighteen minutes for each pound.

Pork, well done—Twenty-five to thirty minutes for each pound.

Veal, well done—Eighteen to twenty minutes for each pound.

Chickens, weighing from three to five pounds—One to one and a half hour.

Turkeys, weighing from nine to twelve pounds—Three to three and a half hours.

Fish of average thickness, weighing from six to eight pounds—One hour.

IRONING MADE EASY.

Dry the starched articles perfectly, then dip them in a pail of boiling water, and pass them through the wringer twice. They may be ironed at once, or they may be rolled up in a dry cloth. The fabric may be ironed with greater ease after being dampened in this way than when sprinkled in the usual manner. Turpentine in starch gives an added whiteness and lustre to the ironed article. Use one tablespoonful to a quart of starch.

IN USING THE MACHINE.

During these days of much sewing women are apt to find the continued running of the sewing machine very tiresome. They will find that the motion is not so wearisome if only the toe of the left foot is allowed to touch the treadle, while the right foot is placed entirely on it and bears the bulk of the work.

SUMMER PILLOWS.

The fluff of ripe milkweed pods and of cattails makes a nice filling for a pillow that rivals down in lightness. One woman has such a pillow perfumed with dried rose-leaves, which she finds a delightful suggestion of summer when the snows are on the ground.

THEORY OF CANCER.

Specialists Agree That White Corpuscle is Responsible.

"It fits in with modern theories as to the cause of cancer."

This summarizes the opinions expressed by specialists upon the theory that the white corpuscles or "soldiers," of the blood are responsible for the birth of the cancer call.

The theory recently elaborated by Professor Metschnikoff, of Paris, that white blood corpuscles, by gradually exhausting the system, bring about the condition known as "old age," is held to substantiate the new cancer theory.

"I am greatly surprised at the theory," said one eminent authority, "for we always believed that the white corpuscles endeavored to prevent cancer from invading the tissue. Bearing in mind the life and functions of the corpuscle, however, it is more than possible that investigation may prove the corpuscle sometimes a rogue."

PROOF AT HAND.

"Woman's work," sighed the young wife, "is never done."

"I guess that's right," rejoined the man who had been paying the freight for six months, "especially if these biscuits of yours come under the head of work."

CONSCRIPTION IN ARMY

LORD ROBERTS SPEAKS ON THE SUBJECT.

Government Should Take as Much Interest in the Army as in the Navy.

Lord Roberts delivered a most stirring speech recently before the London Chamber of Commerce on Conscription in the Army, a report of which is as follows:

At the risk of being wearisome, I should like to refer to an assertion made by the Secretary of State for War in his recent speech—viz., that he knew I believed in "conscription as the only remedy for our military ills." I do not know where the right hon. gentleman gained his knowledge. Certainly not from any of my public utterances, and I have not privately discussed the question with the right hon. gentleman.

CONSCRIPTION INAPPLICABLE.

In an article which appeared in last January's number of the Nineteenth Century and after, and since, in a letter to The Times a few weeks ago advocating obligatory military training and instruction in rifle shooting for the boys and young men of the United Kingdom, I pointed out that the conditions of service in our Regular Army were such as, in my opinion, to render conscription inapplicable to that portion of the armed forces; as regards the population generally, I urged the necessity for concerted voluntary and patriotic effort, in order to form a strong potential reserve in time of war, as by that means alone could this country hold its own without having recourse to conscription. (Cheers.) That my appeal has not met with the response which I ventured to hope for is, I believe, owing to my fellow-countrymen never having had it brought before them that the existence of England as a first-class Power depends not only on safeguarding the shores of Great Britain, but on safeguarding the whole of the British Empire.

CONFIDENCE IN ANGLO-SAXON.

I have the utmost confidence in the good sense and martial spirit of the Anglo-Saxon race, and I believe that they are as determined now as their forefathers were a century ago to uphold Imperial interests and defend his Majesty's dominions. Whether this can be done by voluntary self-sacrifice under appropriate organization, or whether it can only be effected by the introduction of universal training and service for home defence, is a matter for the nation to decide. But done it must be, one way or the other, if we are to maintain our present position amongst the great nations of the world.

NEED OF UNIVERSAL TRAINING.

From my own experience and from the evidence given before the Duke of Norfolk's Commission, I for one, consider that there is now no option but to introduce universal training and service for home defence. (Cheers). A necessary part of any such scheme is the training of all boys and youths, up to the time of their reaching the military age, in drill and in rifle shooting. Such preliminary instruction will necessarily tend to reduce the period of subsequent training in the home defence Army. (Hear, hear.) It may be objected that neither a voluntary sytem nor universal service for home defence would provide for the despatch abroad of the large force that might be necessary. To this I would reply that it is our duty to make such arrangements that when the emergency occurs there may be a sufficient number of properly trained and organized men in this country to meet the military wants. Whether these men go to the seat of war or not, must depend on the will of the nation at the time. And, in addition, even if circumstances should arise that would tend to make the despatch of a hostile army to our shores easier than it would be at present, a system such as I have sketched would not only place the country in absolute safety against invasion, but would render any attempt at invasion out of the question.

SELF-SACRIFICE OF NATION.

The following figures give some idea of the self-sacrifice the nation underwent in former years, which made Great Britain the first-class Power she is to-day. In the year 1805, just 100 years ago, with a population of less than 17,000,000, there were between 700,000 and 800,000 men under arms. In 1902 the population of the United Kingdom being nearly 43,000,000, the strength of the armed forces was only a little more than 600,000. That is to say, that, although the population was in 1902 rather more than one and a-half times greater than it was 100 years ago, the number of men bearing arms was considerably less. In 1805 the percentage was 9.25; in 1902 it was only 3.92.

GREATER RESPONSIBILITIES.

I would ask you to call to mind how very different Great Britain's responsibilities were then to what they are now. In India we were practically bounded by the Jumna, and in Africa we had no footing at all. Now our possessions in India extend to the mountains bordering the Indus, and the British flag waves over a considerable part of South Africa. We are having abundance of evidence what war means to a nation unprepared to undergo the strain; and I feel certain that every soldier with any experience of war will support me when I say that it would be the height of folly for us to enter upon a campaign with a civilized Power depending on an army constituted as ours is at the present time. (Cheers.)

DISASTER WILL COME.

Surely my fellow-countrymen do not desire to wait until disaster overtakes them before they look into the condition of the armed forces of the Crown, and satisfy themselves that they are in all respects fitted and prepared to undertake the defence of this great Empire. The Royal Commissions, which have sat from time to time, have pointed out our shortcomings in no unmeasured words; but their warnings have fallen altogether on deaf ears and have utterly failed to induce the public to take any direct and intelligent interest in the armed forces. Neither have associations, such as the National League and the Army League, had any more effect on the nation at large.

WILL HAVE A LASTING EFFECT.

I cannot hope that anything I can say will have a lasting effect, unless the members of both Houses of Parliament will consent to treat the Army as they do the Navy, and discuss Army questions, not in a party spirit, but as being of supreme national importance; and unless lords-lieutenant, local magnates, and employers of labor throughout the United Kingdom will use their influence to bring home to those with whom they are associated the danger of leaving matters as they are, and the responsibility that rests with every one who has a vote to make sure that the candidate he supports will pledge himself to do his part towards putting the armed forces of this country into such a state of preparedness as will ensure the safety of the Empire. (Cheers.)

Remarkable Most . . . . .

For Its Absolute Purity and Delicious Flavor

"SALADA"

Ceylon Tea, the World Preference.

Sold only in sealed lead packets, 40c, 50c, 60c. By all Grocers. Black, Mixed or Green. Highest Award St. Louis, 1904.

SAFETY FOR LITTLE ONES.

Every mother who has tried Baby's Own Tablets becomes enthusiastic about them—tells every other mother how safe and how effective they are, how much it relieves the anxiety over baby's health to use these Tablets. Mrs. S. W. Crawford, Thompson, Ont., says:—"My baby was ill with constipation and teething troubles and I gave him Baby's Own Tablets, which gave speedy relief. I consider the tablets an excellent medicine for children." These tablets cure constipation, teething troubles, diarrhoea, simple fevers, destroy worms, break up colds and promote natural healthy sleep. And you have a guarantee that there is not a particle of opiate or poisonous soothing stuff in them. Sold by all medicine dealers or sent by mail at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont. Send for our little book on the care of infants and young children—free to all mothers.

WINTERING FAR SOUTH.

Members of an Expedition Tell of Their Experiences.

In the autumn of 1901 an exploring expedition left Sweden for the South Shetlands, whence it was to go to the east coast of that extensive and then unknown stretch of land which lies to the south of these islands. There the expedition was to penetrate as far southward as possible and land a wintering party of six persons. On the return of spring the vessel, the Antarctic, was to fetch off the wintering party. But the Antarctic was nipped by the ice, and sank, and two relief parties had to spend the winter at two different points. In "Antarctica" the members of the expedition record their experiences during a second enforced wintering. They were all finally rescued and brought home.

We were perfectly unprepared for the eventuality. Had we planned a two years' residence we should have taken larger stoves with us, and should not have experienced the despondency and nervous uncertainty and mistrust of the future.

We had no books When we wished to delight the eye with a few printed words we would take out the tins of condensed milk and boiled beef and read the labels. We endeavored to make up for this want of light reading by recalling what we had read under happier circumstances, Duse and I, for example, recounting all that we remembered of "Monte Christo" and "The Three Musketeers."

Strangely enough, it was but seldom we experienced any oppressive feeling that time passed at a snail's pace. We were busy with work forced upon us by a hard struggle for existence. We had enending labor endeavoring to get our winter boots into proper condition. We had only one sail-needle, and it was a great piece of good fortune that it never broke as we tugged with might and main to draw it and the thick thongs through the sealskin we used.

Grunden and I made shoes after the same simple plan. Our now bottomless Lapp shoes were provided with inner and outer soles of the skin of the full-grown penguin, and outside the whole we sewed an outer shoe of sealskin with a sealskin sole. It is easy to describe the making of such a shoe, but it took weeks to get one ready. Twenty or thirty stitches a day with the tools we had was a good days work.

Duse made himself a pair of artistic outer shoes with wooden soles, the materials for which he obtained from the bottom of one of our bread-barrels. In order to fasten the sealskin upper to this sole, he had to carve a deep groove with a very blunt knife round the edge of the hard bit of oak.

The sealskin was stuffed into the groove and held there with oak pegs driven in vertically. They had one great advantage over ours, that they did not become so wet during the thaws, Duse being able to go about dry-footed on his wooden soles, while our sealskin soles flapped like wringing-wet rags about our feet.

WHAT PEACE MEANS.

"Can you tell me the meaning of the word 'peace'?" asked Miss Gray of a little boy who had just recited a patriotic poem in which the word occurred.

"Peace means when you ain't got no children," answered the child.

"How is that?" asked Miss Gray.

"When my mother has washed and dressed us six children for school in the morning, she says, 'Now, I'll have peace.'"

Rob—"The girl I'm engaged to says I'm a brick." Roy—"H'm! Probably that's because you threw yourself at her feet."

STRANGERS ONCE, BUT LOVERS NOW.