About the House

SELECTED RECIPES.

The aitch or rump roast is one which is much neglected. To get it would be unwise for a small family as the bone is large, but for one of average size it is much less expensive than the so-called "best cuts," and much more uniformly tender. The rib roasts are not as profitable for a family whose members dislike fat or gristle, and most little people do both, and the porterhouse and sirloin have the tough bit at the end, but the aitch roast gives large slices of tender meat, and, over and above, abundance of clear fat which is better than lard for many kinds of sauting and drip frying. Much of this should be removed and rendered separately to keep it light in color.

When tired of ordinary apple pie, line the bottom of a rather deep pie tin with paste as for a custard pie. To three cups of well-beaten apple sauce add the yolk of an egg and two level tablespoons of cornstarch, wet with water, sweeten to taste, and flavor if desired; bake in paste shell, and cover with a meringue of the white of the egg and two tablespoons of sugar. A good way is to measure before beginning to bake how many cups the pie tin will hold, as some only hold two.

To make a lemon rice pudding, boil a cup of well-washed rice in a quart of milk until very soft. Add to it while hot the beaten yolks of three eggs, the juice and grated rind of two lemons, eight tablespoons of sugar, and a pinch of salt. If too thick add a little milk. It should be rather thicker than boiled custard. Turn it into a pudding dish, beat the whites of the eggs very stiff with six tablespoons of powdered sugar, spread over the top and brown delicately in a slow oven.

A convenient and dainty way to have liver and bacon for breakfast is to alternate small pieces of liver and bacon on skewers and bake in the oven or broil until done.

Press dry cooked squash through a sieve; to a half-pint add two tablespoons of melted butter, quarter of a cup of milk, seasoning of salt and pepper, and two beaten egg yolks. Mix thoroughly, fold in two beaten egg whites, and turn into a buttered mold, set in a pan of hot water and bake in the oven until the center is firm. Serve turned from the mold and accompanied by a rich cream sauce made from one tablespoon each of flour and butter with a cup of scalded cream or rich milk, and seasoning of salt, pepper, celery salt, and mace. This can be baked in individual timbale molds if desired.

Eggs in a nest on baked tomatoes is made by cutting a slice from the stem end of each tomato and after scooping out very slightly, bake in the usual manner. Remove from the oven before quite done and mound a whipped white of egg on each. Drop a yolk, in which the skin must not be ruptured, in the center of each mound, and replace in the oven until all the little peaks are lightly browned. Serve at once, garnishing with toast and parsley. This can also be carried out, using peppers in place of the tomatoes; either green or red ones may be used.

Corn fritters are preferred by many to the barbarous (?) fashion of eating that vegetable from the cob. To two cups of grated sweet corn add one cup of flour sifted with one teaspoon of baking powder, two teaspoons of salt, and a quarter-teaspoon of paprika; add also half a cup of finely chopped celery and the beaten yolks of two eggs. Mix thoroughly and then fold in the stiffly whipped whites of two eggs. Drop by spoonfuls into hot fat and slowly fry to a pale brown. The fat should be about half an inch in depth in the pan—deeper than is required for sauting, but not deep enough to cover the fritters.

Grapes in Jelly.—This is a dish pleasing to the eye and to the eye and to the palate, and is not very expensive. Soak half a box of gelatine ine one cupful cold grape juice until it softens; then stir until dissolved into one quart of hot, purple grape juice, to which add the juice of one lemon; strain into a bowl set in shaved ice, and when commencing to congeal turn into an oval mould containing a perfect bunch of white grapes. Set on ice for half an hour, and when ready to serve dip into boiling water for an instant and slip on to a cold dish. Garnish with grapes.

WITH CUCUMBERS.

Cucumber and Lettuce Salad.—Let a cucumber chill thoroughly in ice water. Pare, then cut in slices lattice fashion on a handy slicer. Cut one slice, turn the cucumber half way round, and cut the next, and continue in the same manner. Let the slices stand in ice fifteen minutes. In the meanwhile cut off the root from a head of fresh, crisp curly lettuce, discarding the outer leaves. Wash each leaf thoroughly. Shake in a cheese cloth or a wire basket to free from the water, and wipe with cheese cloth or expose to the air a few minutes so turned as to drain off any water. Oil will not adhere to a wet surface. Pile the outer leaves one above the other, first removing any imperfections, and cut with a sharp knife into narrow ribbons. Pour four tablespoons of oil into a bowl, add a dash of paprika, and one-fourth teaspoon of salt, then beat in, little by little, one or two tablespoons of vinegar or lemon juice, and when an emulsion is formed pour over the lettuce placed in the bowl. Lift the lettuce with the spoon and fork to mix with the dressing. Drain and dry the cucumber slices between folds of the cloth and dress in the same manner, using enough oil and vinegar to coat the slices. Turn upon the lettuce and sprinkle the whole with fine chopped chives. If a clove of garlic be at hand cut it in halves and with it rub over both sides of a small slice of stale bread freed of crust. Cut the prepared bread into cubes and put them in the salad bowl first that they may catch any dressing that falls from the salad. Serve a cube of bread in each dish of salad.

Stewed Cucumber Sauce Supreme—Pare three green cucumbers of medium size and cut in quarters crosswise. Cut each quarter into halves lengthwise and take out the seeds. Cook slowly half an hour in a quart of boiling water salted. Drain in a colander and then on a cloth and reheat in a cup of sauce made of two tablespoons each of butter and flour, three-fourths cup chicken or veal broth, one-fourth cup cream, one teaspoon lemon juice, and salt and pepper to taste.

Consomme with Stuffed Cucumber.—For three quarts consomme prepare three cucumbers. Pare the cucumbers, taking a thicker paring from the ends than the sides. With an apple corer remove the seeds, inserting the corer at both ends if needed. Parboil two minutes, rinsing in cold water and drain on a cloth. Fill the opening with chicken or veal force meat. Let simmer half an hour in white broth with a dozen bits of salt pork, salt and pepper. When cooked cut in crosswise slices half an inch thick. Serve three or four in each portion of soup.

HINTS FOR HOME LIFE.

Very strong tea will stop the bleeding from a cut.

A mustard plaster made with the white of an egg will not blister.

Keep honey in the dark. If exposed to the light it will quickly granulate.

Woolen clothes should be washed in two suds and not rinsed. Lukewarm water shrinks them.

Always heat new iron, such as ranges, very gradually at first, as this will prevent crackling.

Prunes are greatly improved by adding a little cider to the water in which they are cooked.

Stews of any kind of meat should merely bubble at the sides of the kettle and never really boil.

When making ginger snaps add a teaspoonful of vinegar and see what an improvement it will make.

The wax from dripping candles can be removed from table linen by a generous application of alcohol.

If potatoes are soaked in cold water two or three hours after peeling they will be whiter when cooked.

Young beets, boiled and chopped fine, make a delicious salad in combination with white lettuce leaves.

If mustard is made with boiling water with a little salt added it will not dry and cake in the mustard pot.

A few drops of coal oil dropped in the water with which windows are to be washed will save time and labor.

The flavor of most clear soups is improved by adding a small lump of sugar just before taking them from the fire.

Blinds can be nicely cleaned and brightened if after dusting and washing they are rinsed in clear water and ammonia.

If the housewife wants her consomme to jelly, she should be sure to crack the bones and cut away the meat from them.

Steak will be found much more tender if vinegar is rubbed all over it. It should then be left for half an hour before cooking.

Kerosene is an excellent purifier. In cleaning damp cellars rub it on all the shelves and woodword very thoroughly, using it without water.

A tablespoonful of borax is an agreeable addition to the dishwater and helps to keep the hands soft, instead of irritating them, as soda does.

Is it known that small pears make delicious pickles when made after the recipe for sweet pickle peaches? The fruit should be pared, but not quartered or cored.

The best thing for burns is linseed oil and lime water in equal portions. Cover the wound with sterilized cotton, dress carefully from time to time, and it will gradually heal.

The Better Way

The tissues of the throat are inflamed and irritated; you cough, and there is more irritation—more coughing. You take a cough mixture and it eases the irritation—for a while. You take

SCOTT'S EMULSION

and it *cures the cold.* That's what is necessary. It soothes the throat because it reduces the irritation; cures the cold because it drives out the inflammation; builds up the weakened tissues because it nourishes them back to their natural strength. That's how Scott's Emulsion deals with a sore throat, a cough, a cold, or bronchitis.

WE'LL SEND YOU A SAMPLE FREE.

SCOTT & BOWNE, Chemists, Toronto, Ont.

THE KOGMOLLYCKS.

Something About More Northerly Fellow-Canadians.

A report received at the Mounted Police Department at Ottawa from Sergt. Fitzgerald, a very capable officer, who until recently was in command of the Mounted Police post at Fort McPherson, which is well up in the Arctic circle, contains considerable information with respect to the Eskimos and their habits.

"The Eskimos belong to this shore," he writes, "are called Kogmollycks. There are two tribes, one being Co-puck natives, and the other Herschel Island natives. They are fairly well built, the men averaging 5 feet 3 or 4 inches in height. All the older men have their lower jaws pierced in labrets, and the women have their chins tattooed. Of late years they have stopped this, and men and women of about twenty years have no marks. There are about 250 Kogmollycks, but they are very dirty in their habits and never wash.

"The Minatalmutes, or Deermen, are inland Eskimos. Their hunting grounds start from about forty miles from Herschell Island, on Beaufort Sea, and run west of Point Barrow. They are a strongly-built people, the men being about 5 feet 7 or 8 inches in height. The older natives have the labrets and tattooing, the same as the Kogmollycks. They number in all about 100. There are a few families of Eskimos from Bering Straits who call themselves Masinkas. There is no marriage law with them. When a man is ready to take a wife, as a rule about the age of eighteen, he goes and lives with her in the house of her parents. That is the only form gone through. If they cannot agree they separate, but they generally get on well together. There are always a few medicine men in each tribe. If anything is about to happen he has a dance and tells the tribe all about it. If a native is sick the medicine man is called to drive the devil out of him. If the natives can get a doctor they always prefer it, so it would seem that they do not put much faith in the medicine man at the present time. I have found these natives very honest, and all the time I have been at Herschell Island I never heard of a case of stealing among them. They are a very hospitable people, and if a stranger comes to their house or tent everything they have is at his disposal. They are very healthy-looking, but I do not think that they live to a great age, as there are few men over fifty years of age among them. Eight died last year. The Eskimo is very much like the Indian. He will do anything to get liquor."

KEEP CHILDREN WELL.

Your little one may be well and happy to-day, but would you know what to do if it awoke to-night with the croup, or went into convulsions or spasms to-morrow? The doctor may come too late. Have you a reliable remedy at hand? Baby's Own Tablets break up colds, prevent croup, reduce fever, check diarrhoea, cure constipation and stomach troubles, help the obstinate little teeth through painlessly, and give sound, healthful sleep. And they contain not one particle of opiate or poisonous "soothing stuff"—this is guaranteed. They are equally good for the new-born infant or the well-grown child. Mrs. Susan E. Mackenzie, Burk's Corners, Que., says:—"Before I began using Baby's Own Tablets, my little one was weak and delicate, since then she has had splendid health and is growing nicely. I find nothing so good as the Tablets when any of my children are ill." Sold by all druggists, or by mail at 25 cents a box by writing The Dr. Williams Medicine Co., Brockville, Ont.

YOUTH AND AGE.

I asked my Pa a simple thing,
"Where holes in doughnuts go?"
Pa read his paper, then he said;
"Oh, you're too young to know."

I asked my Ma about the wind,
"Why can't you see it blow?"
Ma thought a moment, then she said:
"Oh, you're too young to know."

Now, why on earth do you suppose
They went and licked me so?
Ma asked, "Where is that jam?" I said:
"Oh, I'm too young to know."

THAT'S THE QUESTION.

"It was only five years ago that I started in with our firm at $5 a week," said Bragg, "and now I earn $50 a week without trouble."

"That's so; it's easy to earn that," replied Newitt, "but how much do you get?"

Full of Goodness

"SALADA"

Ceylon Tea is Pure, Delicious and Wholesome

Sold only in lead packets. By all Grocers.

40c, 50c, and 60c. per lb. Highest award, St. Louis, 1904

POSTMEN OF GREENLAND

HOW NEWS TRAVELS IN THE ARCTIC CIRCLE.

Story of the Franklin Expedition Held a Secret Eleven Years.

Even in the remote polar regions there are post offices within the international postal union.

For two cents a postal card can be sent, at least during the short tourist summer season, writes Gen. A. W. Greely in the Youth's Companion, from Australia, in the southern hemisphere, or indeed from anywhere else in the postal union, to the far away Norwegian post office on the shores of Advent Bay, in Ice Fjord, on the western coast of Spitzbergen, which is the most northerly postal station in the world.

Along the barren strip of coast of both east and west Greenland a few hundred Danes and 10,000 Eskimos form the most northerly settlements of the round earth. Here news travels under an adverse environment, with the iceclad sea on the one hand and the eternal ice cap on continental Greenland on the other.

But news, although it be long in arriving and although the word there stands for all occurrences previously unknown, is eagerly sought by the cultivated Danish men and women, who give their best effort, largely from a spirit of self-sacrifice, to promote the welfare of the native Greenlanders and of the Eskimos, who constitute the main population.

The regular mails arrive in Greenland between May and August by four slow sailing ships. In olden times the earliest news came from Europe by the

DARING SCOTTISH WHALERS,

but the almost complete discontinuance of the whale fishery in Davis Strait and adjacent waters has put an end to this service.

The Greenland postal service is unique, if for no other reason than that it carries all letters without either stamps or charges. Letters for Greenland go free by the ships of the Royal Trade, but as these ships touch only at the larger ports there are four local boats, used ordinarily for freighting and oil, which serve to distribute the more important mail packages from the port of arrival to the adjacent trading stations.

In Greenland, however, by far the greater part of the news travels by means of that most extraordinary sea boat the Eskimo kaiak, which is, as Crantz pointed out more than a century ago, the most serviceable of all types of boat, its size considered.

Shaped like a weaver's shuttle, of a length of eighteen feet, and made of oil-tanned sealskin, the kaiak is only eighteen inches wide in its broadest part and scarcely a foot deep. Its sharp ends at the head and stern are strengthened with an edge of bone that terminates in a knob.

These carriers of news encounter endless danger in their long and lonely voyages. Sometimes the sea is covered with a dense haze, while the spray, freezing as it drives, covers with an ice crust both the kaiak and the paddler's clothes. Sometimes a gale sets in, and the unfortunate kaiaker, with empty stomach and wet garments, plies his paddle for hours without being able to lift his hand to protect or thaw out his forstbitten face. Yet with utmost patience and uncomplaining effort the Eskimo mail carrier passes from the one settlement to another without boasting either of courage or endurance.

SEVERAL TIMES EACH YEAR

a kaiak post travels from southern to northern Greenland, and as a rule the extreme points are Julianehaab and Omenak. Even under favorable circumstances the journey occupies about five weeks, and the expense account amounts to some $80.

Greenland has its newspapers. Since 1862 there has been printed at Godthaab, in Eskimo text, a newspaper, with the title of Atuagagdliutit, that is, "Something for Reading," of which about sixteen quarto sheets are published annually. Among the news articles therein published are such as describe the perils of the kaiakers, the fortune of hunters at sea after walrus and seals, and on land after reindeer and the polar bear.

When one turns to the inhabited parts of Arctic America, it is found that news travels almost entirely by chance meetings of the Eskimos or other natives, although occasions are not unknown where couriers have been sent to carry news that was of special import to a family or settlement; and, as occasion requires, the wandering Eskimo families send a courier telling of abundant seals and lands of musk oxen, or in dire scarcity asking how elsewhere goes the hunt.

Arctic news that travels relates almost entirely to means of maintaining life, and this applies to polar expeditions and to regular denizens of the barren regions of the white north. Such messages as pass to and fro are not simply news, but rather brief statements of hard conditions with a view to their alleviation.

I recall Franklin at Fort Enterprise, Hudson Bay territory, when he wished to send to Chippewyan the news that an influx of starving Indian bands in winter threatened to doom his own party to destruction unless powder and other supplies were soon received. Back and Bellanger carried the news, which involved foot travel of more than

ELEVEN HUNDRED MILES.

It was a winter of extraordinary severity, when trees froze to their centres, axes in use broke daily, and the temperature sank in Franklin's bedroom to 70 degrees below freezing. Back traveled on snowshoes, slept in the open air with no covering but a deerskin and a single blanket, and more than once was two days without food.

The hardships of the news carriers may be imagined from Franklin's description of Bellanger when he arrived in the darkness of the polar night:

"His locks were matted with snow and he was encrusted with ice from head to foot, so that we scarcely recognized him when he burst in on us."

It is only by similar endurance and suffering that news travels now in some Arctic localities.

A complete narrative of how the news of critical conditions in the field has reached the main party of Arctic explorers would include some of the most striking examples of energy and courage in the annals of history. For instance, the news of the fall of Zaninovich through a snowbridge into a deep crevasse of Middendorf glacier, Franz Josef Land traveled to the party that rescued him through the supreme effort of Prayer, his commander, who says:

"I pressed on at the top of my speed. Bathed in perspiration, I threw on my birdskin garments, my boots, my gloves and my shawl, and ran in my stockings through the deep snow. * * * Encompassed by glaciers, I was absolutely alone. * * * With head bent down I trudged on, counting my steps. * * * After seven miles of travel, at last I came to the friends we had left behind."

If others have not always struggled with as intense an effort as Prayer, yet many Arctic men have emulated his courage and endurance under stress of dire emergencies.

IN THE POLAR REGIONS

man's power is often manifestly inadequate to send news by messenger to any other centre of human activity. Then the unique news exchange of Arctic explorers becomes of prime importance. It is the building of a cairn, so that he who comes after will find therein a message telling of those who have passed. To fulfil its mission as a news carrier, the cairn must not only be so built as to keep safely the news record from stress of storm and assaults of wild beasts, but it must be so placed that as a prominent feature of the landscape it will catch the eye of the passing traveler, no matter from what quarter he comes and by its form at once impress him as being the work of human hands.

Of all the fateful cairns the most important from an Arctic point of view was that put up by the men of Franklin's lost expedition near Victory Point, King William Land. It contained the only absolutely authentic news that ever traveled to the great world from Franklin's party, comprising 129 souls.

This brief document, scarcely 250 words, told the story of Franklin's explorations during the three preceding years of his early success, of his death, of the besetment of the ships, of their abandonment and the plans of the 105 surviving souls, who then passed forever from our direct knowledge.

Fourteen years had elapsed since Franklin sailed, and for eleven years this cairn guarded its news until 1859, when through the wifely devotion of Lady Franklin and the magnificent efforts of McClintock in the Fox Lieut. Hobson found the precious document.