About the House

VEGETARIAN DINNER.

Cream of potato soup.
Macaroni with tomato and cheese.
String beans.
Cauliflower with mayonnaise.
Wafers. Cheese.
Strawberry shortcake.
Coffee.

Cauliflower is richer even than cabbage in proteid, the nutriment value of cabbage being one part proteid to four of carbohydrate, so that cauliflower served on entire wheat bread, toasted and enriched with a white sauce to which the yolks of two or more eggs have been added, would seem to provide the full measure of needful proteid, and in a form that even the most pronounced opponent of the vegetarian might consider satisfactory.

If properly taken care of after the meal cold vegetables dressed as salads are most appetizing at this season. The chief desiderata are tenderness of the vegetables, just enough dressing and no more, and a chilled state when served. Cheese combines well with many vegetables, as it does also with grains and macaroni. When delicately cooked and diluted with appropriate ingredients it may be used, but more sparingly, than in the season when the function of digestion is more vigorous.

Tomatoes with Macaroni.—Cook one-half pound macaroni in rapidly boiling salted water until tender. scald one pint cream over hot water; add half pound cheese cut into thin shavings, and stir until the cheese is melted; add one-fourth cup butter and a dash of salt and paprica. Have ready, baked in a serving dish, five or six tomatoes with the skin and core removed before baking; dispose the macaroni in a wreath around the tomatoes, pour the cheese mixture over the whole, and serve hot.

Cream of Potato Soup.—Boil five potatoes and an onion five minutes; drain, add two quarts of boiling water, and cook until tender, then pass them with the liquid through a sieve. Season with salt and pepper, and stir in the yolks of two eggs beaten with a cup of rich cream. Do not allow the soup to boil, but stir and cook until the egg becomes slightly cooked. Have ready a small turnip and half a carrot, cut in straws and cook until tender, separately in boiling salted water. Add these to the soup together with one or two tablespoons cooked peas or string beans cut small.

WITH LAMB LEFT OVERS.

Lamb Croquettes—Two cups finely chopped cooked lamb, one cup boiled rice, one tablespoon chopped parsley, one tablespoon lemon juice, two tablespoons flour, one cup cream, one tablespoon butter, salt and pepper to taste. Scald the milk; rub the butter and flour together until smooth, add to the scalded milk, and stir until it thickens. Mix the meat, rice, parsley, and seasoning well together. Mix with the thickened milk and cool. When cool, form into cone shaped croquetted, cover with egg and bread crumbs, and fry in smoking hot fat.

Curry of Lamb—Two cups chopped cooked lamb, two tablespoons flour, two cups stock, one tablespoon orange juice, one-half teaspoon chopped mint, two tablespoons butter, one teaspoon curry powder, salt and pepper to taste. Brown the butter, add the curry powder, meat and mint, and cook ten minutes or until the meat is well heated and seasoned. Add the flour, stir until brown, add the stock and stir until the sauce has thickened. Season and serve in a rice boiler. In place of a rice boiler, one cup boiled rice and one of meat may be used, following the directions given above.

Pilaff of Lamb—One-half cup rice, two cups cold chopped lamb, two tablespoons butter. Boil the rice in plenty of boiling, salted water twenty minutes or until tender. Drain and mix with the finely chopped meat, which should be seasoned with salt and pepper and a few drops celery extract. Add the butter, melted, and when the meat is heated, turn the rice and meat into a greased tin mold. Place in the oven a few minutes, or until the pilaff keeps its form when turned out of the mold.

Mutton Scallop.—Two cups finely chopped cooked meat, one cup tomato sauce, one-half cup bread crumbs, one tablespoon butter. Melt the butter, add the bread crumbs, and stir until they are thoroughly greased; season the meat with salt, pepper, a drop or two of onion juice or other suitable seasoning. Fill a greased baking dish with alternate layers of the meat, sauce and bread crumbs, covering the top with the crumbs. Bake twenty minutes in a quick oven and serve.

SPINACH.

In cooking spinach in a large quantity of water, which must be drained from it, the potash salts, its most valuable constituents, are lost. Tender spinach will cook in fifteen or twenty minutes; if attention can be given to the process use a little more water and less heat.

Spinach Balls—Melt two tablespoons of flour and half teaspoon of sugar. When blended add one tablespoon cream and three-quarters of a cup cooked spinach, chopped fine. Beat well, remove from fire, add two eggs, one at a time. Season with salt and pepper to taste, and a few grains of mace. Butter one tablespoon and fill with the spinach mixture, making it level with the edge of the spoon, and poach in a saucepan of boiling water four or five minutes or until firm. The water must not boil hard, but simply simmer gently at the sides. Six or more balls may be cooked at one time. Let drain in a colander while making a cream sauce; reheat the balls in the sauce and serve.

French Spinach—The French stew spinach in a little milk or stock, or in a little water to which a piece of butter has been added. The broth is served with the spinach. It may be needless to add that spinach must be thoroughly washed.

HINTS FOR HOME LIFE.

A little salt rubbed on earthenware pudding dishes will take away brown spots.

A new clothesline if boiled for half an hour will become tougher, last longer, and will not tangle.

A slice of raw tomato rubbed on to ink stains on a white cloth or the hands will remove the stains.

The smell of tobacco in a room will be gone in the morning if a basin of water be placed there over night.

Save scraps of ham, tongue or pressed beef for they help to season forcemeat and make excellent relishes.

Cut off the flap of sirloin of beef and sprinkle salt over it if the weather be warm, then boil and serve cold.

All herbs used for medicine should be gathered on a fine day and be well dried in the sun, spread out on paper.

In making buttonholes, if the cotton is passed through beeswax it will prevent its knotting and be much stronger.

Chamois gloves are useful wear for a railway journey, for they can be washed overnight ready for the next morning.

Make tea with soft water as often as possible, for it softens and opens the tea leaves more thoroughly than hard water.

Milk is not so likely to turn sour if kept in a low, wide pan, but it turns very quickly if kept in a long, narrow vessel.

Patent leather can be revived and brightened by rubbing with a linen rag soaked with milk. Then polish with a soft, dry duster.

After frying do not pour off the fat until it has cooled a little, and then be careful to keep back the sediment, which throw into the pigtub.

Soap suds should never be wasted, as they prove a very valuable manure. No one who is lucky enough to have a garden should ever throw away soap suds.

The clear juice of one lemon, taken without sugar, in a wineglassful of cold water, is a thorough remedy for muddy complexions and erruptions on the skin.

A felt hat may be stiffened by placing a wet cloth on the brim, and passing a hot iron over this till it is dry. Pulling away the cloth will raise the nap.

Physicians assert that baked potatoes are more nutritious than those cooked in any other way, and that fried ones are the most difficult to digest.

Piano keys can be cleaned as can any old ivory by being rubbed with muslin dipped in alcohol. If very yellow use a piece of flannel moistened with cologne water.

If new tinware be rubbed over with fresh lard and thoroughly heated in the oven before it is used it will never rust afterwards, no matter how much it is put in water.

Braid for trimming washing frocks should be dipped in cold water and pressed dry on the wrong side with a rather hot iron before being used, to avoid shrinkage afterwards.

Throat Coughs

A tickling in the throat; hoarseness at times; a deep breath irritates it;—these are features of a throat cough. They're very deceptive and a cough mixture won't cure them. You want something that will heal the inflamed membranes, enrich the blood and tone up the system .·. .·. .·. .·.

Scott's Emulsion

is just such a remedy. It has wonderful healing and nourishing power. Removes the cause of the cough and the whole system is given new strength and vigor .·. .·.

Send for free sample

SCOTT & BOWNE, Chemists
Toronto, Ont.
50c. and $1.00. All druggists

PEARL IN THIS TOOTH.

Successful Trick Played on a Paris Dentist.

A variation of the pearl in the oyster trick has been successfully played on a prominent dentist of Paris.

A man who said a hard substance had sunk in a decayed tooth while eating an oyster called on him. The dentist extracted the substance, and found it to be a large pearl. The patient then declared that he had left his purse at home, and begged the dentist to accept the pearl as his fee.

The dentist was too honest to take so valuable a jewel, and gave the man $10 for it. When the client had gone he discovered that the pearl was not genuine. He gave chase and captured the man.

At the police station the man confessed that he had played the same trick eight times successfully that day.

BLOOD DISEASES.

Can all be Cured by the Use of Dr. Williams' Pink Pills.

More than half the disease in the world is caused by bad blood—weak blood, blood poisoned by impurities. Bad blood is the one cause of all the headaches and backaches, the lumbago and rheumatism, the neuralgia and sciatica, the debility and biliousness and indigestion, the paleness and pimples and all the disfiguring skin diseases like eczema, that show how impure the blood actually is. It is no use trying a different medicine for each disease, because they all spring from the one cause—bad blood. To cure disease you must get right down to the root of the trouble in the blood. That is what Dr. Williams' Pink Pills do. They make new rich, blood. Common medicines only touch the symptoms of disease. Dr. Williams' Pink Pills root out the cause. That is why these oills cure when doctors and common medicines fail. Here is positive proof:—"I suffered agony from indigestion," says Mr. Fred. Fillis, of Grand Desert, N.B. "I had no appetite for my meals and no energy for my work; my stomach caused me constant distress, and everything I ate lay like lead on my chest. At times I felt my life a burden. I was always doctoring, but it did me no good. Then a little book came into my hands, and I read that Dr. Williams' Pink Pills would cure indigestion. I got them and began taking them, and I soon found they were helping me. My appetite began to improve, and my food to digest better. I used the pills for a couple of months and I was well. Now I am always ready for my meals and I can eat anything, and all the credit is due to Dr. Williams' Pink Pills. I keep the pills in the house all the time, and I occasionally take a few as a precaution. I can honestly advise all dyspeptics to use this medicine, as I am sure it will cure them as it did me."

Give Dr. Williams' Pink Pills a fair trial and they will cure you, simply because they make that rich, strong blood that disease cannot resist. See that you get the genuine pills, with the full name "Dr. Williams' Pink Pills for Pale People," on the wrapper around every box. You can get them from your medicine dealer or by mail at 50 cents a box or six boxes for $2.50 by writing the Dr. Williams Medicine Co., Brockville, Ont.

A BISHOP'S STORY.

It would indeed be a queer bishop who could not tell a good story on himself. The late Bishop Dudley of Kentucky was wont to relate with much relish an interesting experience which he once had in connection with waffles.

At a fine old Virginia homestead where he was a frequent guest the waffles were always remarkably good.

One morning, as breakfast drew near an end, the tidy little linen-coated black boy who served at table approached Bishop Dudley and asked in a low voice:

"Bishop, won't y' have 'n'er waffle?"

"Yes," said the genial bishop, "I believe I will."

"Dey ain' no mo'," then said the nice little black boy.

"Well," exclaimed the surprised reverend gentleman, "if there aren't any more waffles, what made you ask me if I wanted another one?"

"Bishop," explained the little black boy, "you's done et ten a'ready, an' I t'ought y' wouldn't want no mo'."

NOT SO FAR WRONG.

"A typographical error," said a physician, "nearly caused me once to sue a Chicago paper for libel. I was called to Chicago to consult on a serious case. A number of reporters were handling the case, and one of them were about me:

"'The doctor felt the patient's pulse and then prescribed for him.'

"But the compositor made this harmless sentence read:

"'The doctor felt the patient's purse and then prescribed for him.'"

ITS SUPERIORITY IS GUARANTEED.

"SALADA"

Ceylon Tea has a deliciousness all its own

Sold only sealed in lead packets at 40c, 50c, and 60c per lb.
By all grocers.

Highest Award, - - St. Louis, 1904.

CLEVER BANK THIEVES

THE COURAGE AND PATIENCE WHICH THEY SHOW.

A Hong-Kong Bank Was Robbed After Three Months of Hard Labor.

In the whole catalogue of daring bank robberies there is no story more amazing than that of the robbery at the Hong-Kong branch of the Bank of Western India, for not only did the case display the most astonishing daring, skill, and patience on the part of the robbers, but their success has never been equalled by other bank-breakers.

It was generally understood that the safes and vaults of the Western Bank were about the strongest ever built, and the robbers, of course, knowing this, decided to attack the bank in a way they believed the builders had never anticipated, and therefore not provided for. They rented a house on the opposite side of the street and settled down to live like simple-minded gentlemen.

Some three months later the manager of the bank had occasion to visit the vaults, and to his utter amazement and consternation he discovered that the principal safe, which a day or two before had contained upwards of

$250,000 IN BULLION

and other valuables, had been emptied of everything. It did not take long to throw the responsibility for this astonishing change on the simple-minded gentlemen over the way, but when a visit was paid to their abode it was found that they too had disappeared.

While living quietly and respectably evincing no inclination to hide themselves, but showing their faces frequently at the windows and walking in the streets like the most honest folk, the robbers constructed a tunnel connecting the basement of their domicile with the vaults of the bank. To accomplish this they dug a shaft down to a sufficient depth to enable them to tunnel under the road without being heard by passengers or risking a collapse of the earth; and they cut an upward shaft giving them access to the vaults, where, one day when the bank was closed and they knew the safes were loaded with valuables, they quietly broke in and cleared away everything worth taking.

One can easily appreciate the courage and patience of these men. They had to cut a tunnel between 80 feet and 90 feet long, sufficiently high and wide to allow the passage of two men carrying a heavy chest; they had to dispose of the immense amount of earth displaced in cutting the tunnel without anyone knowing; and after some twelve weeks' incessant labor in cutting the tunnel they had yet to make a way through

THE CONCRETE FLOOR

of the bank and break into a safe of exceptional strength. The cutting of the upward shaft under the bank particularly must have been an anxious task for the robbers, since at any moment they might have betrayed themselves to someone above; and it speaks volumes for the care with which they labored that no one suspected them or what was happening until they had made their escape with $250,000 worth of valuables, the carrying away of which, apart from anything else, must have been far from a simple matter.

An equally surprising feat was performed by the thieves who stole $200,000 worth of diamonds from a Kimberley bank some years ago. While the tunnel in this case was only about 20ft. long, owing to the fact that the thieves were able to avail themselves of a big main-drain to approach the bank secretly, other difficulties that had to be overcome were much more formidable than in the Hong-Kong case.

The safe in which the diamonds were deposited was one of such remarkable strength that before entering on their enterprise the thieves evidently decided it would be hopeless to attempt to break into it at the sides or door, as the work might occupy too much time, and that it would be necessary for them to attack it at the back, which, being built into a wall, they could work upon after bank hours, perhaps for days together, if necessary. And this decision was arrived at despite their knowledge that the wall into which the safe was built was 3ft thick and

BUILT OF SOLID GRANITE.

They started operations from the drain running down below the street on which the bank fronted, by digging a tunnel 20ft. long on a level with the bank's vaults. This tunnel, cut through exceedingly difficult ground, opened on the foundations of the building, which were, on the one hand, too deep to be passed under, and on the other hand so thick and solid—4ft. of the strongest masonry—that ninety-nine men of a hundred would have abandoned the enterprise, if only because of the risk of cutting a passage through such a wall beneath the feet of an office full of clerks and ever-passing pedestrians in the street. But the thieves had a fortune in diamonds in view and were men not easily frightened or disheartened, and they not only cut a way through the foundations, but through two other walls little less formidable, before they came upon the final wall into which the safe was built; and they made a way through this latter and the massive steel back of the safe in such a quiet, workmanlike style that not a soul suspected anything was amiss until one of the bank officials went to the safe and found it cleared of $200,000 worth of

EXQUISITE DIAMONDS.

Against these two astonishingly successful enterprises stands the attempt on the Mexican branch of the National Bank of America, when failure attended the thieves, not because they were any less daring or workmanlike, but owing to the sheerest bad luck. They constructed a tunnel from a house they rented to the vaults of the bank, but failed by a few hours to reach the valuables, worth an enormous sum of money, owing to an accident.

It chanced that when these men had tunnelled a distance of some thirty yards, and arrived just within the vault where the safe was, some of the beams they had used to shore up the tunnel collapsed, causing a slight subsidence of the bank's foundations. At the same time the manager happened, quite contrary to his custom, to go to his office, and he was surprised to find a difficulty in opening the door of the room. A cursory examination was sufficient to show him that since closing time the wall of his room had sunk slightly, causing the door to press on the floor.

Probably this circumstance alone would not have shattered the thieves' scheme, since the manager would have waited till the morning to call a builder in, by which time the safe would have been emptied. But while he was considering the matter the thieves in the vault below were making frantic efforts to repair the damage to the tunnel sufficiently to enable them to complete their task before daybreak, and the manager heard them working beneath his feet. The consequence was, he immediately took a light and a revolver and descended to the vault. Two men suddenly appeared before him. He shot one dead, but the other disappeared in a manner which utterly baffled his comprehension till he searched the vault and came on the mouth of the tunnel, which, of course, explained everything.—London Tit-Bits.

SMILING BABIES.

The well baby is never a cross baby. When baby cries or is fretful, it is taking the only way it can to let mother know that there is something wrong. That something is probably some derangement of the stomach or bowels, or perhaps the pain of teething. These troubles are speedily removed and cured by Baby's Own Tablets, and baby smiles again—in fact there's a smile in every dose. Mrs. Mary E. Adams, Lake George, N.B., says:—"I have found Baby's Own Tablets so good for the ills of little ones that I would not like to be without them." That is the experience of all mothers who have tried the tablets, and they know this medicine is safe, for it is guaranteed to contain no opiate or poisonous soothing stuff. Equally good for the child just born or well advanced in years. Sold by all druggists or mailed at 25 cents a box by writing the Dr. Williams Medicine Co., Brockville, Ont.

SWANS' LONG SWIM.

Two Australian black swans were recently picked up off Norfolk Island in the Pacific. They must have travelled 400 miles. The birds were in a very exhausted condition, but after a fresh-water bath and plenty of food they revived. The black swan is a powerful swimmer, but 400 miles at sea is a long swim, even for him.

THE DEEPEST HAUL.

Near the Tonga Islands, in the Pacific, some time ago, a fish net was sunk 23,000 feet below the surface. That is the deepest haul ever made. It took a whole day to sink the net and raise it. Life was found even at that depth, over four miles, where the temperature was just above freezing and the pressure 9,000 lbs. to the square inch.