About the House

DOMESTIC RECIPES.

How to Cook a Few Vegetables.—Sweet potatoes and Hubbard squash are best baked in a moderately hot oven. Split the squash into halves or smaller pieces, and set upright in the oven. Bake an hour or more, until tender. Scrape the tender portion into a heated bowl, discarding the brown skin that forms on top. Mash and season with butter, salt, and pepper. This method keeps the squash dry and mealy and gives a rich flavor.

If sweet potatoes are to be made into croquettes or to be sautied in the spider, boil them first. When tender, rub off the skin, and to fry cut into thick slices. Heat two tablespoonfuls of clarified droppings very hot in the spider and drop in the slices after flouring, cook a golden brown, and season. For croquettes: To a pint of mashed sweet potato which has been pressed through a masher or sieve, add a few drops of onion juice, one tablespoonful of finely chopped parsley, and one tablespoonful of butter. Beat well and when cool enough to handle mold into shape. Dip in beaten egg and bread crumbs and set aside to dry and harden the coating. Fry a golden brown in deep smoking hot fat; drain on unglazed paper. The meats of twelve pecans finely chopped may be added.

Indian Pickle.—Twenty-four ripe tomatoes, twenty-four apples, ten small onions, two red peppers. Boil and rub through colander. Then add three pints of vinegar, 1 lb. brown sugar, salt and red pepper to taste, half a pound of mustard, and boil till thick.

Ripe Tomato Pickle.—Seven lbs. ripe tomatoes, two lbs. sugar, one pint vinegar, flavor with cloves, cinnamon, and salt to suit taste. Peel tomatoes, cut fine, and boil with vinegar, and sugar till thick.

Unfermented Grape Juice.—Stem grapes and put them over the fire with water in the proportion of a pint of this to every three pounds of the grapes. Let them come slowly to a boil, and then strain. Put the liquid back over the fire, boil up once, and then bottle and seal while hot.

Gingerbread.—One and one-half cup of molasses, one teaspoonful of soda (scant), one-half cup of brown sugar, one-half cup of butter, one-half cup of sweet milk, one-half teaspoonful of allspice, one-half teaspoonful of ginger, three cups of flour.

Baked Rice Plain—Boil one cupful of raw rice twenty minutes, or until soft, but not broken. Beat four eggs light, and when you have stirred a tablespoonful of butter into the rice add these and season with pepper and salt. Stir in gradually a scant quart of milk; beat all well for one minute, turn into a buttered pudding dish and bake, covered, half an hour. The brown. It should be as light as a souffle, and must be eaten at once. A pleasing accompaniment to roast poultry of any kind.

Molded Oatmeal.—Cook the oats on the preceding afternoon in a double boiler for several hours until clear and jellied, then pour into cups which have been dipped in cold water. Set on ice until morning, when they may be slipped from the cups and served with cream and powdered sugar.

Creamed Beef—Pour boiling water over the beef, which has first been shredded (do not chop). Drain immediately, and add to a rich white sauce from which the salt has been omitted. Let the whole come to the boiling point and serve.

Escalloped Salmon.—Add one can of salmon picked fine and free from bone and skin to one pint of white sauce. Add one spoonful of Worcestershire sauce, one spoonful of onion juice, and one of lemon juice. Season highly with paprika, and let it cool until all of the ingredients are blended. Butter a baking dish and alternate layers of the fish with layers of bread crumbs; salt and pepper well. Dot with butter and bake in a moderately hot oven for twenty minutes.

Brown Betty—The very mention of brown Betty brings with it all the flavor of old-fashioned days. The following recipe is one of the best of its kind: Spread the bottom of an earthen pudding dish with a layer of quartered apples dotted with bits of butter and seasoned with nutmeg. Then cover with a layer of bread crumbs soaked in milk. Do not have too much milk, as the tartness of the apples and the sweetness of the milk do not combine well, but the crumbs should be thoroughly moistened to prevent their becoming top dry in baking. Bread freshly grated from a stale loaf is excellent for this purpose. Sprinkle the top with nutmeg, a little sugar and large bits of butter. Bake until the apples are done and the whole a rich brown. Serve with thick, sweetened cream, or, better yet, with a hard sauce, made with powdered sugar, butter and a little flavoring. It is good either hot or cold.

USEFUL WRINKLES.

When ham or corned beef are boiled for slicing, they should always be allowed to stand in the liquor until cold. This makes them juicy.

In patching cracks in plastering, if plaster of Paris is mixed with vinegar instead of water it can be handled better as it will not set so quickly as when water is used. Strong hot vinegar will remove paint from window glass.

Brushing makes the hair shine, and borax baths make it fluffy. Do not use borax too often, or it will bleach and rot the hair.

When grease is spilt on the kitchen table or floor, pour cold water on it at once to prevent it soaking into the wood. It will quickly harden, and can be lifted with a knife.

To cure redness of the hands use the following recipe: Beat together 1oz. of clear honey, 1oz. of almond-oil, the juice of a lemon, and the yolk of a raw egg. Apply at night to the hands, and cover with old gloves slit up the palms.

To clean glass globes, soak them in warm water with a little soda and ammonia. Rub them with a soft flannel inside and out, place in cold water, and dry them with a clean cloth, giving a final polish with a newspaper.

A little pipeclay dissolved in the water employed in washing linen cleans the dirtiest clothes thoroughly, with a great saving of labor and soap. It will also improve the color of the linen, giving it, if used regularly, the appearance of having been bleached.

Useful Insect Destroyer.—Put alum in hot water and boil until dissolved, then, while it is hot, apply with a brush or feather to the cracks where the pests are found. Ants, cockroaches, etc., are killed by it, though there is no danger to animals of being poisoned.

How to Clean a Piano.—Specks and dirt may be removed by going over the surface with a damp cloth, then rub perfectly dry with a soft cloth, and go over the wood with a rag dipped in olive oil, after which polish it with a chamois leather or some pieces of old kid gloves.

UNIQUE CRANBERRY WAYS.

There's not a more wholesome fruit to be had than this tart crimson berry. You may use it in sauce, in jelly, in pies, puddings and tarts and yet you can hardly use it so often as to tire of it.

A New Kind of Pie—Chop fine 2 cups cranberries and 1 cup seeded raisins. Stir 2 tablespoons flour into one cup water; dissolve in this two cups sugar. Stir together, adding little by little the fruit and cook. This makes filling for two pies. If vanilla flavor is liked, two scant tablespoons may be stirred in after the mixture is cooked.

Another Nice Pie—Chop coarsely 1 pint cranberries. Wet one tablespoon cornstarch with a little cold water, stir together ½ cup molasses and one cup sugar, add the cornstarch, then 2-3 cup boiling water, pinch of salt, the cranberries and cook until done. Use two crusts.

Roly Poly Pudding—Make a dough as for soda and cream tartar biscuit or use some good self-raising flour. Roll it ¼ inch thick. Spread uncooked cranberries or very thick cranberry sauce, unsweetened, over it. Roll tightly. Boil or steam about an hour and serve with any desired pudding sauce.

Cranberry and Apple—Stew 6 quartered cored sweet apples until thoroughly done. Stew 1 pt. cranberries until cooked. Then mix and add two cups sugar, letting the mixture come slowly to a boil, stirring constantly.

DON'T WASH SATURDAY.

The popular old rhyme on washing day runs:

Wash on a Monday—all the week to dry,
Wash on a Tuesday—not so much awry;
Wash on a Wednesday—fairly a good day;
Wash on a Thursday—but soon clear away;
Wash on a Friday—then you wash for need;
But who wash on Saturday are lazy folk indeed.

The proof of the pudding is in the eating, but indigestion corrupts good morals.

AUTUMN DAYS.

When the crown of Summer's glory,
Has at length begun to fade,
And the steady hand of Autumn
Is upon all nature laid,
Then our feelings seek expression
In the song of grateful praise;
For we prize the joy of living
In these happy Autumn days.

With observant eyes beholding
Gathered hay and ripened grain,
Him we praise who has provided
All that clothes the fertile plain.
As we glide along the waters,
Or we linger in the bays,
We are taught life's deeper meaning
In these restful Autumn days.

Flocks and herds and living creatures
In contentment onward move:
Flowers and fruits and rich provisions
Speak of God's unceasing love:
And in spite of all our fretting
Goodness plainly crowns our ways,
And we learn to be contented
In these buoyant Autumn days.

And we think how much we doubted
While there came no dew nor rain,
And we feared that times of plenty
Never more would come again.
Of our doubts and fears repenting
Brighter scenes our eye surveys,
And we praise our gracious Father
For these bounteous Autumn days.

And we watch the day's completeness
Blend with evening's peaceful calm
And we join while fades the twilight,
In the glad thanksgiving psalm.
More and more we prize the goodness
Which our Father's love displays:
And we render thanks unceasing
For these precious Autumn days.

Dalesville, Que. T. Watson.

A WOMAN'S HEALTH.

Depends Upon the Richness and Regularity of Her Blood.

A woman needs a blood medicine regularly just because she is a woman. From maturity to middle life the health and happiness of every woman depends upon her blood, its richness and its regularity. If her blood is poor and watery, she is weak and languid, pale and nervous. If her blood is irregular she suffers untold torture from headaches, backaches and sideaches, and other unspeakable distress which only women know. Some women have grown to expect this suffering at regular intervals, and bear it in hopeless silence. But they would escape the greater part of it if they took a box or two of Dr. Williams' Pink Pills each time to help them over the critical period. Dr. Williams' Pink Pills actually make new blood. They help a woman just when nature makes the greatest demand upon her blood supply. They have done this for thousands of women throughout Canada — why shouldn't they do that much for you? Mrs. James Candy, 25 Edith avenue, Toronto, says: "I think Dr. Williams' Pink Pills a medicine that should be taken regularly by every woman in the land. I suffered greatly from those ailments that only a woman knows. I had backaches and headaches, and a weary bearing down pain. I was very irregular, and was often forced to go to bed for two or three days at a time. I tried many medicines, but got nothing to help me until I began taking Dr. Williams' Pink Pills, and they have given me new health and relief from pain, and made me regular. I cannot say how thankful I am for what the medicine has done for me, and I would urge all women who suffer as I did to try Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills are the greatest cure in all the wide world for all the weakness and backaches of anaemia, all the heaviness and distress of indigestion, all the sharp stabbing pains of neuralgia, rheumatism, lumbago and sciatica, and all the other ills that come from poor, weak, watery blood. Dr. Williams' Pink Pills make new blood with every dose, and thus strikes right at the root of nearly every disease that afflicts humanity. But remember that the "just as good medicines" that some druggists offer never cured anyone or anything. Insist upon the genuine pills with the full name Dr. Williams' Pink Pills for Pale People on the wrapper around every box. If in doubt send to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be sent by mail at 50 cents a box or six boxes for $2.50.

WHY CHINA BUYS COPPER.

More than 22,000 tons of copper have been exported to China from America this year. The unusual quantity has excited attention and inquiries of the trade have elicited two explanations. One is that a new coinage is necessary in China, because the old has been gradually melted down for the manufacture of cartridges. The other is that the process of smelting the metal is so imperfect that the smelted copper contains small quantities of gold, and this the astute Chinese contrive to extract. Vast quantities of copper disappear constantly in China from one cause or another.

"Why have you never married, Miss Antique?" he thoughtlessly inquired. "You never asked me before," she said, coyly, as she gave him her hand.

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JEWS A STRONG FACTOR

THEY EXERT A WORLD-WIDE INFLUENEE.

How the Race Figures in the World's Population—In Russian Cities.

The power of the Jew in the modern world can hardly be exaggerated. In the world of finance, about which all the other worlds of human activity revolve, he is supreme; and, in a sense, statesmen and kings, soldiers and diplomatists, are dependent on his will. In London he is everywhere, says the London Express. Most of us muster dozens of Jews among our acquaintances, and not a few among our best friends, and there are many of our friends whom we do not suspect of having Jewish blood in their veins. And it is, therefore, not a little surprising to learn from the new edition of "The Jewish Year Book" that in Greater London, out of a population of six and a half millions, there are only 138,860 Jews in all, or a fraction over 2 per cent.

The statistics of the Jews in various parts of the world are exceedingly interesting. The following are the figures of the British Empire:

British Isles	227,166
Canada and British Columbia	30,000
Australasia	17,403
India	18,228
South Africa	48,820
Jamaica	2,460
Trinidad and Barbados	50
Gibraltar	2,000
Cyprus and Malta	165
Aden	3,059
Hong-Kong and Straits Settlements	680
Total	349,971

THE JEWS IN EUROPE.

The high figures in South Africa are perhaps to be expected. In Europe, Russia accounts for more than half the total of Jews, and Russia, Germany, and Austria-Hungary for nearly 90 per cent. The proportion of Jews to the population is, in Poland, 16.25 per cent.; in Russia (outside Poland), 4.03 per cent.; in Germany, 1.04 per cent.; in the United Kingdom, .50 per cent.

It is exceedingly curious that, despite the fact that the Spanish Jews are one of the divisions of the race, Spain's proportion is only .01 per cent., and Portugal's .02 per cent. In Palestine the rate is .12 per cent., in the United States, 1.97 per cent., nearly four times greater than in Great Britain; while in New Zealand it falls to .2 per cent.

The total Jewish population of the world is calculated in this way:

Europe	8,786,122
Asia	342,410
Africa	382,423
America	1,574,062
Australia	17,403
Grand total	11,102,389

MUNICIPAL STATISTICS.

Coming from the countries to the cities, the following figures may be quoted:

	Jewish Population	Percentage of Jewish to Total Population
Berditchey	47,000	87.52
Jerusalem	41,000	68.33
Salonika	69,000	57.14
Grodno	24,611	52.45
Cracow	45,000	49.28
Lodz	150,000	47.59
Greater New York	672,776	19.56
Johannesburg	15,000	14.70
Amsterdam	60,000	10.00
Vienna	150,000	08.95
Philadelphia	75,000	05.80
Constantinople	60,000	05.33
Berlin	86,152	04.56
Chicago	60,000	03.53
Hamburg	17,308	02.76
Paris	65,000	02.44
Rome	7,121	01.07
St. Petersburg	15,270	00.83
Madrid	300	00.06
Manchester	28,000	05.15
Leeds	20,000	04.66
London (Greater)	138,860	02.10
Dublin	2,700	01.11
Liverpool	7,000	01.04
Glasgow	6,500	00.86
Birmingham	4,000	00.77
Toronto	6,000	02.06

Here the Polish cities are naturally the highest, and how far the industrial and political troubles of the Russian empire are the work of the persecuted Jew may be gathered from the population of such places as Grodno and Lodz. It is interesting that the rate is ten times higher in New York than it is in London.

GREAT INFLUENCE.

But mere figures do not convey any idea of the influence of the Jews, since the importance of the work they have done and are doing in the world is out of all proportion to their numbers. Putting aside the great financiers like the Rothschilds, Sir Samuel Montagu, and the rest, and disregarding the numerous philanthropists, of whom the late Sir Moses Montefiore was a conspicuous example, the lists of celebrities published in "The Jewish Year-book" are full of unusual interest.

In the world of music we find the names of Offenbach, John Braham, Goldmark, Henry Russell, Dr. Cowen, Mendelssohn, Joseph Maas, Sir Julius Benedict, Rubinstein, Joachim and Sir Arthur Sullivan. The theatre has largely attracted the genius of the Jew. Judith, Rachel, Sarah Bernhardt, Ada Menken, Selina Dolaro and David James are among the names included in the official lists, with, among dramatists, Mr. Alfred Sutro, Mr. David Belasco, Ludwig Fulda and D'Ennery.

LITERARY FIGURES.

The list of famous Jewish writers is long and distinguished. It includes Sir. Sidney Lee, the editor of the Dictionary of National Biography Mr. Israel Gollancz, the scholar; Mr. Zangwill; Mr. Lucien Wolf, well known as a political writer under the name of "Diplomaticus"; George Brandes, the Danish critic; Lombroso the Italian; Catulle Mendes, the French novelist and critic; Jean de Floch, the Russian writer on war, Vambery, Max Nordau, the late M. Plowitz, and many others. Sir F. C. Palgrave, the historian, was a Jew, as was Baron Reuter, and as is Mr. Joseph Pulitzer, the proprietor of the New York World.

The Jew has been prominent in the recent annals of the English law, Sir George Jessel, Master of the Rolls, was a Jew; while another Master of the Rolls, Sir A. L. Smith, and a Lord Chancellor, Lord Herschell, had one Jewish parent.

PRUDENT MOTHERS.

The prudent mother will never give her child a sleeping draught, soothing medicine or opiate of any kind except by order of a competent doctor who has seen the child. All soothing medicines and sleeping draughts contain deadly poison, an overdose will kill a child, and they never do good as they only stupefy and do not cure. Sleeplessness in little ones usually comes from teeth-troubles or derangements of the stomach or bowels, that can be speedily cured by Baby's Own Tablets. And the mother should remember that this is the only medicine for children that gives a solemn guarantee that there is not a particle of opiate or harmful drug in its composition. Mrs. A. Scott, Bradwardine, Man., says: "I have used Baby's Own Tablets for diarrhoea, teething troubles and constipation, and find them just the thing to make little ones well and keep them well." Sold by all druggists or by mail at 25 cents by writing the Dr. Williams' Medicine Co., Brockville, Ont.

IF I MAY HELP.

If I may help some burdened heart
His heavy load to bear;
If any little song of mine
May cheer a soul somewhere;
If I may lead some grieving one
To know that loss is gain,
Or bring some shadowed soul to light,
I shall not live in vain.

If I may help bewildered ones
To find life's grandest clue;
If I may steady faltering feet,
Or help some heart be true;
If I may bring a tender touch
To some lone couch of pain,
Or whisper words of hope and strength
I shall not live in vain.

If I may give disheartened ones
The impetus they need,
Or rescue the oppressed from hands
Of cruelty and greed;
If I may bring concord and love
Where strife and hatred reign,
Or be a friend to friendless ones,
I shall not live in vain.

If I may battle some great wrong,
Some worldly current stem,
Or give a hand of fellowship
Where other hearts condemn;
If I grow strong to do and bear,
Amid life's stress and strain,
And keep a pure heart everywhere,
I shall not live in vain.

If I may give forth sympathy,
And keep a heart of youth,
Or help myself and fellow men
To grander heights of truth;
However small my part may be,
To cleanse the world of stain,
If I but do the thing I can,
I shall not live in vain.

The poet's wife doesn't care to have him see new lines in her face.

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When you go to a drug store and ask for Scott's Emulsion you know what you want; the man knows you ought to have it. Don't be surprised, though, if you are offered something else. Wines, cordials, extracts, etc., of cod liver oil are plentiful but don't imagine you are getting cod liver oil when you take them. Every year for thirty years we've been increasing the sales of Scott's Emulsion. Why? Because it has always been better than any substitute for it.

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