About the House

MISCELLANEOUS DISHES.

Fillets of Chicken Breast.—Chop the white meat of a cold roast chicken fine. Season to taste with salt and papper, a dash of onion juice, and a little minced parsley. To a cup of the minced chicken allow a cup of cream into which a pinch of baking soda is stirred. Rub together a tablespoonful of butter and one of corn starch and stir them into the heated cream. Cook for a minute, add the minced chicken and cook until hot. Take the mixture from the fire and beat in gradually two well beaten eggs. Pour into a bowl and set aside until cold and stiff, shape into cutlets, dip each cutlet first in cracker dust, then in beaten egg, then in more cracker dust. Set in the ice for two hours, then fry in deep boiling fat. Serve with a white sauce.

Chicken and Nut Croquettes.—Into a cupful of cold minced chicken stir a half cup of blanched and chopped English walnuts. Make a white sauce of butter, cornstarch, and cream, and stir the chicken and nut mixture into this. Stir over the fire until hot; add, gradually, the beaten yolks of two eggs, mix well and set aside to cool. Form into croquettes and proceed as with chicken fillets.

Fruit Trifle.—Almost any kind of fruit can be used for this dish, provided the fruit is quite ripe. When fresh fruit is used—bananas, strawberries, raspberries, cherries, apricots, and peaches are most suited. Prepare the fruit and cut the bananas and other large fruit into convenient pieces and place them in a glass dish. Prepare a custard with a quarter of a pint of milk, one ounce of sugar, and two eggs, flavor it with vanilla, and pour over the fruit when quite cold. Stand the dish on the ice till wanted for table. Just before serving whip up a little cream, sweeten it, and pour it in a forcing bag with a fancy tube. Cover the top of the dish with this, and decorate to taste with glace fruit, cherries and angelica

Chicken Gelatine.—Select a good-sized fowl, put it over the fire in cold water, with a bunch of coup herbs. Bring gradually to a boil and cook slowly until the meat is tender. Take it from the fire and let it get cold in the liquor. Cut the meat from the bones, rejecting skin and gristle, and slice the meat neatly. Boil the liquor down to one quart, strain it, and return it to the fire with the white and cracked shell of an egg. Boil up once, remove the scum, add a heaping tablespoonful of gelatine which has been soaked in a little warm water, remove from the fire, and strain. Season with salt to taste, a saltspoonful of celery salt and the same of paprika, a teaspoonful each of lemon juice and of minced parsley. Butter a mold with plain sides, pour in a little of the jelly arrange a layer of the meat, add then a little more jelly. Put next a layer of thin slices of cold boiled ham or tongue, more jelly, and then the chicken again. In the crevices between the meat place blanched almonds cut in strips, a few pistache nuts, truffles, sliced olives, and a few capers.

Beef Soup.—To make English beef soup take the cracked joints of beef, and after putting the meat in the pot and covering it well with water let it come to a boil, when it should be well skimmed. Set the pot where the meat will simmer slowly until it is thoroughly done, keeping it closely covered all the time. The next day, or when cold, remove the fat which hardens on the top of the soup. Peel, wash and slice three good-sized potatoes and put them into the soup; cut up half a head of white cabbage in shreds and add to this a pint of Shaker corn that has been soaked over night, two onions, one head of celery, and tomatoes if desired. When these are done, and they should simmer slowly, care being taken that they do not burn, strain (or not, as preferred) the soup and serve. The different varities of beef soup are formed by this method of seasoning, and the different vegetables used in preparing it after the joints have been well boiled. Besides onions, celery, cabbage, tomatoes, and potatoes, many use a few carrots, turnips, beats and force-meat balls, seasoned with spice. Rice or barley will give the soup consistency, and are to be preferred to flour for the purpose. Parsley, thyme, and sage are the favorite herbs for seasoning, but should be used sparingly. To make force-meat balls add to one pound chopped beef one egg, a small lump of butter, a cup or less of bread crumbs; season with salt and pepper and moisten with water from stewed meat; make in balls and fry brown, or make egg-balls by boiling eggs, mashing the yolks with a silver spoon and mixing with one raw yolk and one teaspoonful of flour; season with salt and pepper, make into balls; drop in soup just before serving.

BAKED FRUITS.

To Bake Apples.—Wipe and core sour apples. Put in a baking dish and fill cavities with sugar and spice; allow one-half cup sugar and one-fourth teaspoon cinnamon or nutmeg to eight apples. If nutmeg is used, a few drops of lemon juice and few gratings from rind of lemon to each apple is an improvement. Cover bottom of dish with boiling water and bake in a hot oven until soft, basting often with syrup in dish. Serve hot or cold with cream.

To Bake Bananas.—Remove skins from six bananas and cut in halves lengthwise. Put in a shallow granits pan or on an old platter. Mix two tablespoons melted butter, one-third cup sugar, and two tablespoons lemon juice. Baste bananas with one-half the mixture. Bake twenty minutes in a slow oven, basting during baking with remaining mixture.

To Bake Peaches.—Peel, cut in halves, and remove stones from six peaches. Place in a shallow granite pan. Fill each cavity with one teaspoon sugar, one-half teaspoon butter, few drops lemon juice, and a slight grating nutmeg. Cook twenty minutes and serve on circular pieces of buttered dry toast.

To Bake Pears.—Wipe, quarter and core pears. Put in a deep pudding dish, sprinkle with sugar or add a small quantity of molasses, then add water to prevent pears from burning. Cover and cook two or three hours in a slow oven. Small pears may be baked whole. Seckel pears are delicious when baked.

To Bake Quinces.—Wipe, quarter, core and pare eight quinces. Put in a baking dish, sprinkle with three-fourths cup sugar, add one and one-half cups water, cover, and cook until soft in a slow oven. Quinces require a long time for cooking.

HOUSEHOLD HINTS.

If you rub grass strains with molasses they will come out without difficulty in the ordinary wash.

Spots may be removed from gingham by being wet with milk and covered with common salt. Leave for an hour or so, and rinse out in several waters.

You can make a faded dress perfectly white by washing it in boiling cream of tartar water.

Salt dissolved in alcohol will often remove grease spots from clothing.

Mud stains can be removed from silk if the spots are rubbed with a bit of flannel, or, if stubborn, with a piece of linen, wet with alcohol.

If there is a deep-set door that it is desirable to permanently close, have bookshelves fitted in. Curtains can be hung at either side or not, as one pleases. If one does not wish to fill the entire space with books, the upper shelf can be set in lower down than would be wished for books, and china or pewter and brassware placed thereon or a picture hung in the space.

FOR CHAPPED HANDS.

These are the days when chapped hands and lips begin to be in evidence, and, as usual we suppose most people will betake themselves to pure glycerine for a remedy. It is a mistake to presume that glycerine is a cure for such a condition as this; quite on the contrary, it is a distinct aggravant.

One of the best remedies for chaps we know of is quite simple, and any one could compound it in his own home. Take ten grains of tragacanth and place these in three ounces of moderately warm, not hot, water. It must then be allowed to stand for several hours, when one ounce of glycerine should be added. If it is desired to give the preparation a pleasant perfume, this may be obtained by adding a small quantity of oil of roses at the same time. The whole compound should then be mixed thoroughly either by shaking it up well or stirring with a spoon, after which it is ready for use. This remedy is soothing, pleasant, and an almost infallible cure after two or three applications. As a rule, unless the cracks in the skin are very much inflamed, an application of the compound just before retiring at night and another in the morning will generally have the desired result of healing them. It is also a fine preventive, and few will be troubled with chapped hands who rub it on the skin in the morning after washing.

FOR BOTH

One disease of thinness in children is scrofula; in adults, consumption. Both have poor blood; both need more fat. These diseases thrive on leanness. Fat is the best means of overcoming them; cod liver oil makes the best and healthiest fat and

SCOTT'S EMULSION

is the easiest and most effective form of cod liver oil. Here's a natural order of things that shows why Scott's Emulsion is of so much value in all cases of scrofula and consumption. More fat, more weight, more nourishment, that's why.

Send for free sample.

SCOTT & BOWNE, Chemists
Toronto, Ont.

50c. and $1.00 " " " " All druggists

OUR MIGHTY WHEATFIELDS.

Facts and Figures About the Western Granary.

Canada has the largest wheat field in the world, 300x900 miles.

Canada's wheat-growing area in the west is (per Prof. Saunders' estimate) 171 million acres in extent

Canada has less than five millions of this area under cultivation, or only 3 per cent.

If one-fourth of the 171 million acres were under wheat, it would supply Britain three times over and the home market as well.

By 1915 there will, it is estimated, be ten million acres under wheat, yielding 200 million bushels.

The Canadian west is capable of producing three billion bushels of wheat.

The Canadian west is capable of producing 20 times Britain's annual imports of wheat.

Canada's wheat crop, 1904, 80 million bushels (60 millions in the west).

Canada ranks tenth among the world's wheat-producing countries.

Canada's wheat crop is nearly double that of the United Kingdom.

Canada's grain crop of all kinds reached (1903) 275 million bushels.

Prof. Tanner, the English agricultural chemist, says western Canada has the richest soil in the world.

Canada's wheat yield for the last ten years averaged 18 bushels an acre.

Wheat yield in the United States for same period, 13 bushels per acre.

Manitoba's average wheat yield for ten years, 21 bushels per acre.

Minnesota's yield for same period, 14, Kansas, 12; Missouri, 11.

Canada's western wheat contains 10 per cent. more albuminoids than the best European varieties.

One hundred pounds of Canadian flour makes more bread of high quality than the same weight of any wheat imported into Britain.

TORTURING NEURALGIA.

Suffered for Ten Years, Cured by Dr. Williams' Pink Pills.

Neuralgia is the king of torturers. A tingling of the tender skin, a sharp sudden stab from some angry nerve; then piercing paroxysms of pain—that's neuralgia. The cause of the trouble is disordered nerves due to thin watery blood. The cure is Dr. Williams' Pink Pills, which make new, rich red blood, and thus soothe and strengthen the disordered nerves and cure neuralgia. Among the thousands who have proven that Dr. Williams' Pink Pills cure neuralgia is Mrs. R. C. Johnson, of Simpson's Corner, N. S. Mrs. Johnson says: "For upwards of ten years I was a sufferer from the awful pains of neuralgia. Over-exertion or the least exposure to a cold wave would set me nearly wild with torture. I doctored with two physicians, but they did not cure me. I then tried several advertised medicines, but found no benefit. The trouble continued at intervals that made life miserable, until six or eight months ago when a relation of mine brought me a box of Dr. Williams' Pink Pills and urged me to try them. I used this box and then got a half dozen more, and by the time I had used them all trace of the trouble had disappeared, and as I have not since had the slightest attack I feel safe in saying that the cure is permanent." Mrs. Johnson is one of the best known ladies in the section in which she resides, and is a prominent worker in the Congregational church. Naturally her family and friends are rejoicing over her cure, and Dr. Williams' Pink Pills have made many warm friends in that section as a result of their good work."

It is because Dr. Williams' Pink Pills make new, pure, warm blood that they have such great power to cure disease. They positively cure rheumatism, sciatica, neuralgia, St. Vitus dance, partial paralysis, kidney and liver troubles, anaemia, and the ailments from which women alone suffer. The purchaser must be careful to see that the full name, "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around each box. Sold by all medicine dealers or sent by mail at 50 cents a box, or six boxes for $2.50, by writing the Dr. Williams' Medicine Co., Brockville, Ont.

BACK AT HER.

Nell—I told Miss Sharpe what you said about her literary club; that you wouldn't join because it was too full of stupid old maids.

Belle—Did you? What did she say?

Nell—She said you were mistaken; that there was always room for one more.

DOUBTFUL.

Stippler—Did Miss Kutts admire your paintings?

Dobber—I don't know.

Stippler—What did she say about them?

Dobber—That she could feel that I put a great deal of myself into my work.

Stippler—Well, that's praise.

Dobber—Is it? The picture I showed her was Calves in a Meadow.

For Delicious Flavor "SALADA" CEYLON GREEN TEA is absolutely matchless

Sold only in Lead packets. 40c, 50c, and 60c. per pound.
Highest Award St. Louis 1904.

THE SNOWBALL LETTER

ROLLING ALONG WITH UNABATED ENERGY.

Famous "Chain" Started by Friend of Australian Hospital Still Going.

A recent issue of the South Australian Register, of Adelaide, contains a long and instructive article on the history, present position and future prospects of the famous Griffin snowball letter, says London Truth. It is now nine or ten years since this "snowball" or "chain letter" was started.

It will be remembered that the thing originated in a small and insignificant local project to add a children's ward to a cottage hospital in a suburb of Sydney. On the committee was a gentleman named Griffin, who was a professional stamp dealer. In conjunction with his daughter he proposed to the committee that a chain letter should be started by his daughter, in her own name, for the collection of a million used penny stamps, and that he would add to the proceeds a certain sum sufficient to make up the sum required.

Something in the wording of the original—probably the reference to the need of a children's ward in a hospital—appealed to public sentiment, which was easily gratified by the fact that all that was asked for was ten old postage stamps and the repetition of the appeal by the recipient. The letter at once spread like wildfire, passed from New South Wales into the other Australian colanies, to England, the United States and to any number of

FOREIGN COUNTRIES.

I have myself seen copies of it in French, German and Spanish, among other languages, the Spanish version coming from South America; and the South Australian Register states that the replies have come in "almost every known language and dialect."

The original letter contained, in the usual form, an intimation that when the reduplication of the appeal reached a certain number—I believe it was eighty—it should be stopped; but, as always happens, this number was speedily altered through the thick headedness of the copyist, who never seem to reflect that the mere duplication of the letter to the eighty "power" implies the despatch and record of more letters than there are human beings in the world. In the same way, the address, and even the name, of Miss Griffin became mangled beyond recognition, and many letters are now in circulation directing the contribution of stamps to be sent to places and countries remote from New South Wales.

As regards the result of all this letter writing and stamp collecting, the information given by the South Australian Register is most interesting. I have been under the impression myself that some time ago the New South Wales post office took the drastic step of stopping the delivery of the letters; but on this point I find that I have been misinformed. It turns out that the letters have been and still are being delivered, so far as is practicable. It seems, however, that Mr. and Miss Griffin themselves long ago became tired of the

LABOR AND EXPENSE

involved in merely opening the letters and sorting their contents, as well they migat under the circumstances; and ever since 1902 Mr. Griffin has handed over his mails in bulk to the hospital. He says that he has thereby lost many private letters addressed to himself, which serves him right.

And what does the hospital do with these mountains of correspondence? It simply sells them in bulk to any buyer for what they will fetch. The present rate is $2.75 a thousand. The secretary of the hospital is of the opinion that occasionally the buyers make a good thing out of it, for the reason that the letters now and then contain contributions in cash as well as in old stamps, and it has happened that a buyer who has found money among the letters has been so conscientious as to return it to the hospital. Such cases, however, are rare.

At any rate, the hospital evidently considers that the chance of finding an occasional post office order or check instead of stamps is too speculative to justify the expenditure it would have to incur in opening and sorting the letters. Between 1897 and 1902, when Mr. Griffin worked the thing himself, he paid over to the hospital $655. In 1902 the hospital sold letters to the value of $130, in 1903 it sold some seventy thousands for $250, and in 1904 the sales realized $150. In about nine years, therefore, the results of this monumental appeal to the charity of the civilized world were $1,185.

BEARING IN MIND,

(1) that this is very far from being the full market value of the contents of the letters; (2) that a great part of them cost the senders five cents each in postage, and the rest two cents each, and (3) that many thousands of letters have never reached their destination at all, some idea may be obtained of the waste which this whole idiotic scheme has evolved from beginning to end. The postages alone would account for many thousands of dollars. For all this the hospital gets $1,185. Finally, to crown the absurdity of the thing, the children's ward which was the object of the whole business, was provided long ago, the hospital having constructed a new men's ward and appropriated the old one for the use of the children.

The snowball, however, is still rolling on, with apparently unabated energy, and it is likely to do so indefinitely.

BABY'S AWAKENING.

It ought to be a pleasure to look forward to baby's awakening. He should awaken bright, smiling and full of fun, refreshed by sleep and ready for a good time. How many parents dread their child's voice, because they know when he awakes he will cry and fret and keep everyone on the move until he falls asleep again from sheer exhaustion. These crying fits make the life of the inexperienced mother a torment. And yet baby is not crying for the fun of the thing—there is something wrong, though the mother may not see anything ails the child. Try Baby's Own Tablets in cases of this kind, and we venture to say baby will wake up happy and smiling—an altogether different child. Here is proof from Mrs. John S. Sutherland, Blissfield, N.S., who says:—"My baby was terribly cross, and often kept me awake half the night before I got Baby's Own Tablets for her. Since I began giving her the Tablets, she is perfectly well, sleeps soundly all night, and wakes up bright and fresh in the morning." Baby's Own Tablets are a safe medicine for children of all ages. They cannot do anything but good. You can get them from your druggist, or by mail at 25 cents a box by writing The Dr Williams Medicine Co., Brockville, Ont

A BIG EARTHQUAKE.

May be Expected Along Next March or April.

Abbe Moreau, of Paris, in a letter on the subject of the recent solar activity, says:—

"As solar activity will slowly diminish, it is highly probable that earthquakes will occur in March and April next."

It will be remembered that Abbe Moreau in a previous article, which was widely published, predicted the earthquakes which a few months ago devastated India, and which he held due to sun spots.

He declared in an article published last week:—

"There is a connection between solar activity and volcanoes and even earthquakes. The awakening of internal forces of the globe coincides with the sudden change in the curve of the sun spots. The number of disturbances alone is not a decisive factor. There must be sudden augmentations or diminutions. Earthquakes, especially of volcanic action, are localized on the lines of the fracture of the globe, and particularly at the intersection of these lines—the west coast of the two Americans, the line including the volcanic districts of Eastern Asia, South Sea Islands, and Australia, and, finally, the depression of the Mediterranean cutting the first three lines of the fracture almost at right angles.

"These are facts. Hypotheses less certain have suggested that the sun acts on the crust of the earth either by causing potential electricity to vary or by modifying the heat sent to the earth. For both there would be dilation or shrinkage of the envelope."

"That's what I call a rough draft," as the builder remarked when he discovered the rough draft of which he was the victim.