The Quality of

"SALADA"

Ceylon Natural Green Tea is unapproachable. It is entirely free from dust, dirt and coloring matter, therefore it is absolutely pure.

Lead Packets only. 40c, 50c and 60c per lb. By all Grocers.
HIGHEST AWARD—ST. LOUIS, 1904.

About the House

SELECTED RECIPES.

Many fastidious housekeepers hold that chicken, and more especially turkey, should be roasted without dressing, in which case serve with the bird chestnut timbales as follows: Boil one pound of blanched chestnuts and mash fine, adding salt, pepper, and a tiny bit of mace, three egg yolks, well beaten, and cream to moisten well. Whip the whites of the eggs, and fold in the mixture the last thing. Bake in buttered timbale molds in a pan of hot water.

Swiss Eggs—Some slices of cheese, one cup of cream, one teaspoon of mustard, six eggs, a very little red pepper. Line a deep pie plate with thin slices of cheese; mix thoroughly the cream, mustard and red pepper; pour half the mixture into the dish; then carefully break in the eggs so they will keep their shape and pour in the rest of the cream over them. Bake ten minutes. The cheese melts and thickens the cream.

Plain Gingerbread.—Mix together one pint of sifted flour, one-half of a teaspoonful of salt, one teaspoonful of soda, one tablespoonful of ginger, and one teaspoonful of cinnamon, and sift. Cream until soft three tablespoonfuls of butter or butter and lard mixed. Beat into it one-half of a cupful of sugar, one-half of a cupful of molasses, the sifted dry mixture, and one-half of a cupful of boiling water. Bake at once in two shallow, well-greased pans.

To Carve a Turkey.—When sent to the table the turkey should be on its back on the platter, with the legs at the right hand of the carver. Push the carving fork firmly down, so that the tines are on either side of the breast bone just above the wish bone. Holding the fork in the left hand, press back the leg on the nearest side of the body, then cut down through skin and joint close to the body. Remove the wing in the same way; then, if there are many persons to be served (so that the greater part of the fowl will be needed), remove leg and wing on the farther side. Carve the breast meat in thin cross slices, when down almost to the breast bone disjoint and remove the wish bone. Turn the body over so as to remove the oysters—small pieces of dark meat on the lower side of the back and close to either side of the backbone. Separate the second joint from each leg, and divide the wings. In serving put pieces of both white and dark meat on each plate.

FIVE APPLE RECIPES.

Fried apples are acceptable served with roast pork or sausages. Cut the slices one half an inch thick across the apple. Do not remove the skin. Or, the apples can be cut in quarters leaving on the skin, fry in butter until tender, but not soft enough to lose form. Serve the apples on the same dish as the pork for a garnish.

Scotch baked apples are made by adding half a tablespoonful of Orange marmalade and of butter and sugar to the filling of the cavities for baking.

Apple Souffle—One pint of steamed apples with a tablespoonful of melted butter, half a cupful of sugar, the whites of six eggs and the yolks of three, a sprinkle of grated nutmeg. Stir into the hot apples the butter, sugar, and nutmeg and yolks of the eggs well beaten. When this is cool, beat the whites of the eggs to a stiff froth and stir into the mixture. Butter a three-pint dish and turn the souffle into it; bake 30 minutes in a moderate oven. Serve with a cream sauce.

Apple Snow Balls—Cut six inch squares of cloth, wet in hot water and spread a layer of freshly cooked rice one-half inch thick all over; put a cored apple in the center of each, filling the cavities with rice. Tie the cloth tightly and steam a half hour. Serve with a cream sauce.

Brown Betty—In a quart pudding dish arrange alternate layers of sliced or chopped apple and bread crumbs. Season each layer with bits of butter sugar, and a pinch of ground cinnamon. When the dish is full cover the top with crumbs. Cover and place the dish in a pan containing hot water and bake one hour or until the apples are soft. Serve with cream.

REMOVING STAINS.

Ink—Soak in sour milk and if a dark stain still remains, rinse in a weak solution of chloride of lime.

Scorch—Wet the scorched place in cold water, rub with soap, and bleach in the sun.

Sewing Machine Oil—Rub with lard, let stand for several hours, then wash with cold water and soap before putting the garment in the wash.

Vaseline—Saturate the spot with ether and lay a cup over it to prevent evaporation until the stain is removed.

Coffee, Chocolate and Cocoa—Wash with soap and tepid water.

Grass Stains—Saturate spot thoroughly with kerosene before placing the garment in the wash tub.

Iodine, Varnish and Paint—Wash with alcohol for iodine stains and rinse in soapy water. If the two latter stains are on coarse fabrics, as they are likely to be, dissolve them first by saturating with turpentine; if on a finer material, use alcohol. Sponge with chloroform if a dark ring is left by the turpentine. Do not use any of these liquids near the fire or an artificial light, as they are very inflamable.

Soot—Simply rub the spot with dry cornmeal before putting the article in the wash.

Blood—Soak in cold salted water, then wash in warm water with plenty of soap; afterward boil.

Grease—If two or three days old, soak in chloroform; soap and hot water will always remove any ordinary stains of this kind.

Iron Rust—Soak the spot well in lemon juice, sprinkle with salt, and bleach for an hour or two in the sun.

Mildew—Soak in a weak solution of chloride of lime for several hours. Rinse in cold water.

Fruit—Stretch the fabric over a basin and pour boiling water on the spot, if the stain is new not dried in. For others use a weak solution of oxalic acid.

The bottles with the different liquids in are all plainly labeled in printed lettering. Tiny one ounce bottles being used. Even the cornmeal is bottled. To have this supply convenient a little closet was made from an old clock found in the attic. After the works were taken out it was nailed to the wall at the side of the printed list, and three shelves fitted to it.

Every Two Minutes

Physicians tell us that all the blood in a healthy human body passes through the heart once in every two minutes. If this action becomes irregular the whole body suffers. Poor health follows poor blood; Scott's Emulsion makes the blood pure. One reason why

SCOTT'S EMULSION

is such a great aid is because it passes so quickly into the blood. It is partly digested before it enters the stomach; a double advantage in this. Less work for the stomach; quicker and more direct benefits. To get the greatest amount of good with the least possible effort is the desire of everyone in poor health. Scott's Emulsion does just that. A change for the better takes place even before you expect it.

We will send you a sample free.

Be sure that this picture in the form of a label is on the wrapper of every bottle of Emulsion you buy.

SCOTT & BOWNE
Chemists
Toronto, Ont.

50 cents and $1.00
All druggists

USEFUL HINTS.

Brass work can be kept beautifully bright by occasionally rubbing with salt and vinegar.

Tea should be kept in either a tin or glass vessel, which has a lid, as it is necessary to keep it tightly covered.

Rub kerosene on the zinc under the stove once a day and it will always look bright.

When washing flannels, get rid of as much dust and dirt as you possibly can by shaking and brushing before plunging into water.

Do not leave scrubbing brushes with the bristles turned up, or the dampness from them will run into the body of the brush and loosen the bristles in their sockets.

When housecleaning the bedroom wash the toilet ware with soap and water, and then fill the vessels with boiling hot soda water; put them out in the air and leave them filled for half a day until thoroughly disinfected.

Never put summer clothes away in a soiled condition. They may be needed in a hurry when the first warm days of spring occur, and then there is much discomfort. Linen and muslins should be packed away unstarched, however, to prevent their becoming yellow.

A glass decanter may be cleaned by breaking up egg shells into small pieces, putting them into the decanter, which is half filled with water, and thoroughly shaken.

Ordinary writing ink may be removed from carpet or colored stuffs as follows: Soak up as much as possible with a blotter, then apply milk with a soft, clean rag, allowing the milk to soak thoroughly into the stain. It will draw out the ink most successfully.

Wicker furniture which has been varnished will not take enamel until the varnish has been washed off with boiling water, in which there is a little washing soda. After it dries rub it thoroughly with a piece of flannel dipped in turpentine, and after this has been aired for 24 hours rub with sandpaper, after which the wicker may be either painted or dyed satisfactorily.

CHINESE IN ENGLAND.

Settling in British Cities—Some Marry English Girls.

It was stated recently that Chinese laundries had been started in Manchester. An inquiry shows that there are about 100 Chinese in the city solely engaged in the art of washing clothes. The yellow invasion is much larger and more serious in Liverpool and Birkenhead, where the floating and migratory population of Chinese is between one and two thousand. Many of the laundry proprietors speak pigeon English, but conduct business in their own language. Generally the Chinese conform to English customs, but in their own homes live as far as possible in Chinese fashion, dried fruits and dried food of various kinds forming their favorite meals. Whatever else of native customs he relinquishes, every Chinaman retains his pig tail coiled about his head, and hidden beneath his hat when out of doors, but let down freely indoors. Among the sailor classes there is much opium smoking in private dens not far from seamen's haunts. In gambling their favorite game, resulting sometimes in quarrels and assaults, is a kind of dominoes. A very popular sport is betting on the number of seeds to be found inside an orange.

The men are proud to marry English women, and many such mixed marriages have proved John Chinaman to be a very devoted husband and a most affectionate parent. Miss Parslow, formerly a missionary at Amoy, conducts weekly services at the Gordon Smith Seaman's Institute. The number of Chinese in Cardiff varies considerably, but rarely exceeds a hundred. Most of these are of a migratory character. The police give them an excellent name. They congregate in two or three typical Chinese lodging houses, where opium smoking is apparently their chief pleasure. The Chinese sailor is a notorious deserter, and when they surreptitiously leave their employment on the Eastern trading ships which put into Cardiff, they are usually to be found in one or another of the local lodging houses in a state of semi-stupefaction, the result of opium fumes.

FRUIT CARS HEATED BY ICE.

The use of ice for heating purposes is one of the oddities of our modern civilization. Often it happens that a train carrying freight from the south to the northern market encounters a cold spell while en route. If the temperature goes below a certain point the perishable merchandise will be ruined. But it has been asserted that such a misfortune may be prevented by covering the fruit car with a coat of ice—a thing easily accomplished by turning a hose on it, and allowing the water to freeze until the whole vehicle is enveloped in a glassy and glittering blanket. It may, indeed, be appropriately called a blanket, inasmuch as it prevents the radiation of heat from the interior of the car. The ice being a good non-conductor, the warmth is retained and the fruit, or possibly it may be vegetables, goes on its way unspoiled even by zero weather.

"Well, I guess old Slyman is beginning to make his pile." "Why do you think so?" "He's going abroad blowing about how much happier a man is when he's poor."

SUNLIGHT SOAP

Clothes washed by Sunlight Soap are cleaner and whiter than if washed in any other way.

Chemicals in soap may remove the dirt but always injure the fabric.

Sunlight Soap will not injure the most dainty lace or the hands that use it, because it is absolutely pure and contains no injurious chemicals.

Sunlight Soap should always be used as directed. No boiling or hard rubbing is necessary.

Sunlight Soap is better than other soap, but is best when used in the Sunlight way.

Equally good with hard or soft water

$5,000 REWARD will be paid to any person who proves that Sunlight Soap contains any injurious chemicals or any form of adulteration.

159

Lever Brothers Limited, Toronto

MAGNIFICENT

Blue Fox Ruff

FREE

NO MONEY REQUIRED

Think of it, a beautiful Ruff of Blue Fox, the most fashionable fur worn, given absolutely free. Such an offer was never made before. The only reason we can afford to do it is that we arranged for these handsome Furs during the dull season in the summer and got them nearly at cost. The Ruff is 41 inches long, nearly 4 inches wide, made of the handsomest Blue Fox Fur, very rich, soft and fluffy. It is warmly padded, lined with the same shade of satin and ornamented with four long tails of Blue Fox also. Such a handsome Fur has never before been given away, and you can get it so easy. Just send us your name and address, plainly, and we will mail you 2 doz. sets of

Picture Post-Cards

to sell at 10c. a set (4 cards to a set.) They are beautifully colored, all the rage, and sell like hot cakes. Such an opportunity was never offered before to the women and girls of Canada. You couldn't buy anything in the Fur Stores that would look richer, be more becoming or more stylish, and remember, it won't cost you one cent. Write to-day. We trust you and send the Picture Post-Cards postpaid. **Colonial Art Co.**, Dept. Toronto

TO THE CANADIAN ARCTIC

YOUNG DANISH TRAVELLER'S PROPOSED TRIP.

Will Start From Edmonton — Hopes to Find Land in Frozen Seas.

Plans have formulated by a young Dane, Einar Mikkelsen, for what promises to be an interesting expedition to the Arctic regions, the objective being that part of the Polar Ocean which lies immediately to the west of the group of great islands known as the Parry Archipelago, north of the northern coast of Canada. Mr. Mikkelsen is at present in London, whither he went to consult with the Royal Geographical Society.

"My proposed expedition," said Mr. Mikkelsen, in an interview, "does not aim at the pole either directly or indirectly. Of course, I cannot fix precise limits to the field of work, but I do not expect it will extend farther north than about the 76th parallel. It is in the hope of making geographical discoveries that I am undertaking the expedition. A glance at the map will show that the most westerly islands of the Parry Archipelago—Banks Land and Prince Patrick Island—extend to about the 125th meridian west of Greenwich. To the west of these islands, that is north of the mouth of the Mackenzie River and of the northern shores of Alaska, lies an entirely unexplored region.

IN SEARCH OF LAND.

"These northern shores of the North American continent comprise one of the most lightly ice-bound coasts in the world. The American whalers that come up from San Francisco in the summer, through the Behring Strait, scarcely ever get out of sight of land. Even when a strong wind blows off the shore the ice only drifts back a few miles. This state of things is unfavorable to the supposition that the open ocean lies behind—an expanse of ocean, it would, perhaps be more accurate to say, unbroken by land. My belief, in fact, is that there is land awaiting discovery in this section of the Polar Ocean. Collinson and McClure, on their expeditions half a century ago, kept close to the coast. It is my object to see what lies away from the coast, and to try to locate the land which I believe to exist there.

"Two companies will join me in the expedition. One of these is Mr. Leffingwell, a young American geologist, whose acquaintance I made on the Baldwin expedition, and the other is Mr. Ditlevsen, a fellow-countryman of mine, who is an artist and naturalist, and who, like myself, accompanied Lieut. Amdrup to the East Greenland coast in 1900. The three of us propose to start from Canada in the spring of next year.

GO FROM EDMONTON.

"Early in May we hope to reach the upper waters of the Athabasca River by way of Edmonton, and we shall then follow that stream and the Slave and Mackenzie Rivers down to the northern coast of the Dominion. This will be a long journey, occupying two months, so that it will be some time in July before we reach the mouth of the Mackenzie River. In this neighborhood we shall remain until the close of August, when I hope there will arrive a whaler from San Francisco with stores and provisions, which will have been brought north especially for the use of the exepedition.

THE JOURNEY NORTHWARD.

"The winter quarters will be at Cape Kellett, in Bank's Land, which we expect to reach by the Dominion Government schooner in those waters. We shall establish a depot of stores at Prince Albert Cape, which will be the starting point of the expedition with dogs and sledges in the spring of 1907."

Leffingwell and Mikkelsen propose to travel north alone, in search of the expected land, which he hopes to find about latitude 76 north, longitude 147 west. Dr. Ditlevsen will await their return at Cape Bathurst or the mouth of the Colville River, Alaska, where the party will in the autumn expect to find a passage in a whaler to San Francisco.

ONE IN TEN CAN'T WRITE.

Illiteracy in the United States Shown by Bulletin.

According to a bulletin issued by the United States Census Bureau, about a hundred and six persons out of one thousand in the United States over ten years old are unable to write, which is equivalent to about one in ten. Of the native white population, only 46 out of every 1,000, or fewer than one in twenty; of the foreign born whites, 128 out of every 1,000, and of the negroes, 445 out of every 1,000 are illiterate. International comparisons, restricted as far as possible to corresponding classes of the population, are on the whole favorable to this country, indicating that in most European countries illiteracy is much more prevalent than it is here, although the United States is still far behind Germany, Sweden, Norway, Denmark and Switzerland. There is also ground for satisfaction in the statistical evidence that illiteracy is steadily being reduced. In 1890 the number of illiterates in 1,000 was 133 for the total population, 62 for the native white population, 13 for the foreign born whites, and 568 for negroes, Indians and Mongolians.

"Openwork hosiery is going to be all the rage this year, Henry." "Well I'd rather you'd mend mine. I never did care to be in style."