About the House

CUES FOR THE COOK.

Griddle cakes are much more easily and quickly baked if made in one of the low round can-shaped tin dishes furnished with a good sized spout through which they can be poured instead of spooned out. All griddle cakes are nicer if mixed and kept over night to let the flour have a chance to swell. In doing this way the whites of eggs, soda, or beking powder should be added in the morning.

A new flavor in coffee may be secured by steaming it instead of boiling. Choose a new tin coffee pot which should be kept for this purpose. Mix the coffee with white of egg as usual, using the finely-ground kind and pouring boiling water on it. Set it on the top of the tea kettle or in the top of the outside part of a pudding boiler, and let it steam from ten to twenty minutes.

Veal cutlets or slices of cold meats to be warmed over are good dipped in a batter instead of kneaded. Use a pint of sifted flour, beating it into the yolks of two eggs, adding alternately with the flour, four tablespoonfuls of olive oil. Add salt, enough cold water to make it like a butter batter and the beaten whites. Parboil the meat first if it has not already been cooked and fry as fritters or in a frying pan

To make cream pastry add an even teaspoonful of baking powder to a pint of sifted flour and add sweet cream enough to wet the flour, leaving the crust a little stiff. This will make enough for two pies. If a richer paste is wanted spread with butter when rolling out. A pretty substitute for the sugar which some people scatter over the top of a pie is to take from the oven when nearly done and brush it over with what is known as pastry frosting. First brush it over with the white of an egg beaten light. Sprinkle with granulated sugar and a few drops of water and return to the oven a few minutes to set. The oven should be cool enough so that it will only tinge faintly with brown.

Chicken suspected of not being tender should be put into cold water to which you have added a teaspoonful of vinegar. Let the water just come to a boil, take the chickens out and stuff and put immediately in the oven for roasting.

POTATO COOKERY.

Note—Potatoes should always be boiled in cold salted water.

Potatoes Chatteau.—Peel potatoes and cut them the shape and size of pigeons' eggs. Plunge them into cold water, rinse again, and put them on to boil for a few moments only. Drain and put them in a stew pan containing some butter, let them brown in this, carefully tossing them at intervals. When done, pour out all the butter and put in a fresh piece, adding a little chopped parsley. Serve in a hot vegetable dish or use for decorating meats.

Potatoes Baked in Cream.—Remove the skins from boiled potatoes and chop them up when cold. Put them in a saucepan with cream, season with salt and pepper, and cook until done. Butter a baking dish, lay in the potatoes, sprinkle with bread-crumbs, pour over some melted butter, and brown over the surface in the oven. These must be eaten hot.

Duchess Potatoes.—Peel and cut seven to eight potatoes in halves. Boil in water to cover until just done and no more, then drain and put back with cover on for about ten minutes until all moisture is evaporated. Force through a sieve. Return to a saucepan, add salt, pepper, a little grated nutmeg, three or four ounces (tablespoons) of butter, and four egg yolks. Keep hot while beating vigorously until smooth. Put into a dish and lay a buttered paper on top. Fifteen or twenty minutes after dredge the table with flour, take a piece of the preparation about the size of an egg, and roll it well with palm of the hand to the desired shape. Lay them in a buttered baking dish, dip a brush in beaten egg, and brush over the top. Set the pan in the oven until they are a good light brown color. This same preparation makes delicious croquettes if dredged in flour, dipped in egg and bread-crumbs, and fried in deep fat.

Potatoes Maitre d'Hotel.—Pare eight cold boiled potatoes lengthwise, cut in cylinders, and then in thin slices. Put two ounces of butter in a stew pan, add the potatoes and half a pint of broth. Simmer gently from ten to fifteen minutes on a slow fire, stirring at times. Salt and pepper over and finish with an ounce of butter, a little chopped parsley, and lemon juice.

Baked Mashed Potatoes. — Prepare some mashed white potatoes, also some mashed sweet potatoes, keeping them both hot. Alternate layers of each in a baking dish, putting the sweet potato on top. Form a design over the top with the tip of a knife, pour melted butter over, and bake in the oven.

Souffled Sweet Potatoes.—Cut raw sweet potatoes into lengthwise slices and throw them one by one into hot frying fat. They must be carefully watched as they cook quickly.

SENSIBLE SUGGESTIONS.

Steamed Vegetables.—It is better to steam green cabbage, cauliflower, and the like. A sprinkling of salt should be applied to the vegetables before they are put into the steamer.

Parisian Haricots.—Melt two ounces of butter in a stewpan, throw in cold boiled haricot beans, two teaspoonfuls of chopped parsley, pepper, salt, and a spoonful of lemon juice. Toss over the fire till hot and well mixed, then serve.

In Case of Fire.—Flour thrown upon burning oil will instantly extinguish it, while water only spreads the flames.

Stiff Windows.—When windows are difficult to open or close, rub the cords with soft soap, when they will run smoothly.

To Clean Rugs.—Dirty white skin rugs can be cleaned with a sponge and naphtha; but great care must be used, as naphtha is highly inflammable.

Household Brushes. — Household brushes last much longer if taken care of and washed regularly. Remember that they never should be allowed to rest on the bristles.

Valuable Vases.—It is a good plan to partially fill valuable china vases with sand or to place shot in them, for thus they are rendered too heavy to be easily upset.

Wet Umbrellas.—A wet umbrella never should be left open to dry, as stretching while damp makes the silk liable to split. It should be placed handle downward, and left to drain uniformly.

When Lighting Fires.—If a fire requires blowing to give it a good start, it will be found that blowing down into the flames makes it burn up more brightly and quickly than if blown from underneath.

In the Sick Room.—When it is not advisable to open the windows of a sick room, yet necessary to change the heavy atmosphere, sprinkle a few spoonfuls of Cologne in a basin, and set fire to it.

To Clean Evening Dresses.—Light-colored evening gloves can be dry cleaned easily at home in a short time. The gloves must be put on the hands, or on wooden dummy hands, then rubbed all over with fine Fuller's earth, and next with a dry flannel, and finally shaken to get rid of the powder. Mix a little French chalk with sifted bran, and rub the gloves with this after the former process.

To Keep Food Hot.—Cover it closely and set in the oven in a pan of hot water. This will prevent it from drying.

Ham and Tongue.—When getting low and you wish still to make a presentable dish, slice thinly; then roll to look neat, and lay on a dish alternately with thick slices of hard boiled egg and a morsel of parsley between each roll.

DISHWASHING.

Upon dishwashing do away with many pet theories held by housekeepers. First and most radical is the order of washing the dishes followed by a housekeeper trained at a cooking science school. The usual order was followed, with the glass and the silver, the teacups and saucers, and then the astonished visitor, who wielded the dish towel, found that she was being handed net tinware.

"I never allow my milk buckets, pans, or any of my bright tinware to go into the dish water after butter dishes or greasy plates have been in it," said the housekeeper. "The tin dishes that have been merely used in preparing the meal, or even those that have been used for custards and sauces and not hurt the dish water if they have been prepared properly, by rinsing out anything sticky by a little broom and cold water. They are much cleaner than the plates and platters which have had gravy on them, no matter how fine they may be. As you see, all of my tinware is bright, because I keep it so by putting it into the suds while it is still hot and clean."

Those who have in charge the most delicate china wash one piece at a time in warm, soapy water, and then rinse them well in cold water, letting them drain on a tray, and drying with soft linen glass cloth to give them a polish.

Fine dinner plates and dishes are washed with soda in the water, so as to make certain that no finger marks are left on them without rinsing in hot water. They are then rinsed in running water and put on a plate rack without being dried. If there is gilt on the china hotter water must be substituted for the soda, which is particularly hard upon gold and sometimes makes it rub off altogether.

SEED TIME

The experienced farmer has learned that some grains require far different soil than others; some crops need different handling than others. He knows that a great deal depends upon right planting at the right time, and that the soil must be kept enriched. No use of complaining in summer about a mistake made in the spring. Decide before the seed is planted.

The best time to remedy wasting conditions in the human body is before the evil is too deep rooted. At the first evidence of loss of flesh

Scott's Emulsion

should be taken immediately. There is nothing that will repair wasted tissue more quickly or replace lost flesh more abundantly than Scott's Emulsion. It nourishes and builds up the body when ordinary foods absolutely fail.

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.

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HEALTH AND BEAUTY.

Come From Rich, Red Blood made by Dr. Williams' Pink Pills.

Beauty is mare than skin deep—it is blood deep. There is no real beauty, no good health without rich, red blood. Every graceful curve, every sparkle of the eye, every rosy blush, comes from rich, red blood. Dr. Williams' Pink Pills are the greatest blood builder and beauty maker in the world. Every dose actually makes new, pure, rich blood. By making new blood Dr. Williams' Pink Pills sharpen the appetite, soothe the worried nerves, regulate the health. They banish paleness, clear the complexion, bring rosy cheeks and sparkling eyes.. They give plenty of strong blood for all the delicate functions of womanhood. Miss Mary Jackson, Normandale, Ont., says: "For upwards of three years I suffered from anaemia. I grew so weak I could scarcely walk about the house. I had no color in my face, my lips and gums were bloodless. I suffered from headaches and dizziness, and fell away in weight until I weighed only 94 pounds. No treatment gave me the least benefit until I began the use of Dr. Williams' Pink Pills Inside of a few weeks after beginning the pills I began to grow better, and they soon restored my health and while using them I gained fourteen pounds in weight. I can strongly recommend Dr. Williams' Pink Pills to all pale and feeble girls."

There are thousands of pale anaemic girls and women throughout Canada who should follow the example of Miss Jackson and give Dr. Williams' Pink Pills a fair trial. Bright eyes, rosy cheeks and perfect health would soon follow. When you buy the pills see that the full name, "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around each box. Sold by medicine dealers or by mail at 50 cents a box or six boxes for $2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

MINER'S BRAVE RESCUE.

He Raced Against Death with a Burning Fuse.

An act of great bravery is recorded in the London Gazette, which announces the bestowal of the Albert medal of the second class on Edward Nicholls, a miner employed at the Lake View Consols Mine, Kalgoorlie, Western Australia.

Nicholls was working last April on the 1,200 feet level of the mine with two companions. They had lit the fuses to a round of charges of dynamite, and were retiring for safety to the lower level, when one of the charges exploded.

The lights were all extinguished by the explosion, and Nicholls called out in the darkness to know if any one were hurt. He groped his way over the debris to the spot where he heard his comrade Bentley groaning.

The six-foot fuses of the other four charges were burning at the rate f ninety seconds a yard, and Nicholls knew that if he could not rescue his comrade in less than three minutes both would be blown to pieces.

He dashed up the incline, from the top of which Bentley's groans came. On the top he found his comrade lying under an enormous stone.

He had to roll the stone away before he could move him, but he succeeded in getting his comrade down.

Just as he reached a place of safety the other charges exploded. Bentley subsequently died of his injuries.

CHILDHOOD INDIGESTION.

Nothing is more common in childhood than indigestion. Nothing is more dangerous to proper growth, more weakening to the constitution, or more likely to pave the way to dangerous disease. Nothing is more easy to keep under control, for proper food and Baby's Own Tablets will cover the whole ground. Here is strong proof. Mrs. G. G. Irving, Trout Brook, Que., says: "My baby boy was troubled with chronic indigestion and was a constant sufferer. Nothing helped him until I tried Baby's Own Tablets, but these promptly cured him and he is now as healthy a little lad as you would care to see. I always keep the tablets in the house and they quickly cure all the troubles of childhood." Every mother should keep these Tablets on hand. They cure all the minor ailments of children, and their prompt administration when trouble comes may save a precious little life. They are guaranteed to contain no opiate or harmful drug. You can get Baby's Own Tablets from any druggist or by mail at 25 cents a box by writing the Dr. Williams' Medicine Co., Brockville, Ont.

"Did you ever try to ride the bicycle, Captain Barnacles?" "Do you think," roared the old sailor, "that I would be found aboard a craft that had its rudder in front?"

Given an Opportunity "SALADA"

Ceylon Natural GREEN Tea will prove its superiority over all Japans.

Lead packets only, 40c, 50c and 60c per lb.
By all grocers.

HIGHEST AWARD ST. LOUIS, 1904.

A WONDERFUL COUNTRY

A GLIMPSE OF THE GREAT NORTHWEST.

The Very Fertile Lands Traversed by the New Grand Trunk Pacific.

The Department of the Interior at Ottawa has just issued a most instructive map of the Canadian Northwest. This map gives at a glance the history of the settlement of the country. It shows the land as divided into townships and sections, and from a system of coloring the various sections and quarter sections it gives a most comprehensive idea of the general trend of emigration and of lands recently homesteaded, and farms for which the patents have already been issued.

This homestead map shows that the line of the new Grand Trunk Pacific Railway now under construction on the Macdonald, McMillan contract from Portage La Prairie northwest to Touchwood Hills passes through lands which are taken up more completely than along roads which have been built for a number of years. So much so is this the case that it is now next to impossible to secure homestead privileges on any land east of Touchwood Hills between the Pheasant Hills branch of the Canadian Pacific Railway and the Yorkton or Sheno branch. In fact, most of the available land east of Saskatoon is taken up so thoroughly that there is scarcely a homestead section left.

Holders of land in this section are fortunate. They own property which in itself is as valuable as any in the entire Northwest and they will have the benefit of a great increase in value as the new railroad nears completion and begins to tap the centre of this rich country. No land in this district will be at the farthest more than ten or fifteen miles away from splendid railroad facilities. So good are the prospects considered that it is impossible to buy land here from individual holders at anything but the very highest prices.

It is interesting to note in this connection that the original main line of the C. P. R. was projected through almost the identical territory on which this section of the Grand Trunk Pacific is now being constructed. The route of the Canadian Pacific was changed farther south to the present location, mainly as a result of the efforts of the settlers in the country around Winnipeg and Brandon, which was even then thickly populated, and on account of certain offers of bonuses made by the citizens of Winnipeg. This change was probably a wise move at that time, as the road unquestionably traverses a very rich district, the eastern part of which was then more thickly settled than that surrounding the more northern survey.

The Northwest, however, is now ready and waiting for the new railroad. The tract through which this portion of the line passes is, as stated above, completely taken up and is still occupied in many cases by the original settlers who rushed in a quarter of a century ago, believing that the C. P. R. would follow the survey as first made. These early settlers have become prosperous and wealthy. The soil is particularly rich and the rainfall abundant, and nature has lavishly answered their efforts. This part of the Grand Trunk Pacific should be one of the best paying on the whole system. Large trade is already there, and the new railroad will develop it enormously.

The land northwest of Saskatoon, through which the Grand Trunk Pacific will pass on the way to Edmonton, is said to be the best wheat land in the world, better than anywhere else in the Northwest. This country is of an entirely different character from the dry ranching lands to the south traversed by the Canadian Pacific between Moosejaw and Calgary. The territory which is now being opened up has remained unsettled only through entire lack of railroad facilities, although the new Canadian Northern taps it still further north. Some homestead lands are still available here, but many people have been following the surveys of the new road, and most of the desirable homesteads are already applied for. It is certain that as soon as construction is well under way west of Saskatoon, there will be no first-class homestead land available directly along the road, and, in fact, little good land will then be obtainable in the entire Northwest at any but high prices.

The wisdom of the government in securing the construction of the new railway without granting a single acre of land is most evident to anyone conversant with conditions in the West. No one doubts for a moment the necessity of the early grants which were necessary to bonus and induce the construction of the transcontinental road under the conditions which prevailed when the Canadian Pacific Railway was begun. The Canadian Northern land grants were probably necessary also to open up the northern portion of the country, which was thought by many to be too far away from everything to be worth considering. It is instructive, however, in this connection, to find that wheat is grown in quantities by the Hudson Bay Company hundreds of miles north of Edmonton.

Most of the desirable land now unsettled in the Northwest is controlled by the great land companies, which are, as a rule, subsidary branches of the railways and by independent concerns, the promoters of which early realized the possibilities of this grand country These companies secured land from the government and from the railways at rates which enable them now to market their holdings away below the current prices of contiguous farms held by individual owners. A great deal of the best land along that part of the line of the Grand Trunk Pacific now under construction between Portage La Prairie and Touchwood Hills is owned or controlled by the Western Canada Settlers' Mutual Land Company of Winnipeg, which is under the management of the Hon. W. H. Montague, former Minister of Agriculture of the Dominion. Most of their holdings may be purchased at fair prices, although a good deal of their land is out of the market at present. Individual farmers are, however, as a rule, just now too enthusiastic over the future of this district to sell at all. A company of this kind is conversant with the location of the quarter sections which are still available for homesteading, and by dealing with them the intending purchaser may sometimes pick up a quarter section in the township in which he locates at small additional expense. It is reported that this company has also secured very large tracts of land through which the Grand Trunk Pacific will pass between Saskatoon and Edmonton.

Ontario people and easterners generally do not seem to realize the wonderful possibilities of this western country. American capitalists and land companies are grabbing up western Canadian land in quantities wherever it is available, and it is apparently the wide-awake United States farmer who will reap the benefit of the phenomenal development which was assured by this summer's wonderful crop, and which will be carried on and enlarged by the hundreds of millions of dollars which will be spent in the West in railroad construction in the next few years.

FRENCH CRUELTY IN AFRICA.

Grave Charges Against the Officer of the Expedition.

The Governor-General of French West Africa has forwarded to the French Colonial Minister a report containing the gravest charges against Major Frerejean, who recently led an expedition from Senegal against the Moors of Mauritania to punish them for the murder of M. Coppolain.

Major Frerejean, having caused a number of Moors—men, women and children—to be seized and brought before him, summoned them to denounce Mr. Coppolain's murderer. The prisoners, encouraged by their marabouts, who had preached a holy war against the French, refused to answer.

The inhuman order was then given to put the refractory natives to torture, and thus wrench a confession from them in their agony. But still they remained mute.

The chief of the punitive expedition thereupon determined to strike terror into the stubborn tribesmen. By his order the Senegalese sharpshooters seized many of their captives and butchered them before the eyes of the others. The victims were felled with clubbed rifles kicked to death, hung upon the branches of the trees, and used as targets for revolver practice. And while this atrocious scene was at its height other sharpshooters were busy taking snapshots with their cameras.

Major Frerejean on his return actually boasted of the lesson he had taught the natives, and it was thus that the Governor-General heard of the affair and reported it to M. Clementel, the Colonial Minister.

Major Frerejean will be brought at once before a court-martial, and this affair will be severely dealt with, as the Minister recently issued the most stringent instructions that these atrocities on the part of those in authority must be put a stop to.

READING THROUGH SALT.

In San Domingo there is a remarkable salt mountain, a mass of crystalline salt almost four miles long, said to contain nearly 90,000,000 tons, and to be so clear that medium-sized print can be read with ease through a block a foot thick.

The coat doesn't make the man, but the lawsuit makes the attorney.