About the House

USEFUL HINTS.

Strong hot vinegar will remove paint from window glass.

A damp cloth dipped in salt will scour off egg stains from silver or tea stains from china.

Clothes pegs boiled a few minutes and dried quickly about once a month become more durable.

Never throw away egg shells, for they should be washed and added to the stockpot to clear the soup.

To keep steel ornaments bright when not in use, store them in a box containing a little powdered starch.

Flower vases can easily be purified and cleaned by rinsing them out with warm water and powdered charcoal.

To clean plaster of Paris ornaments, cover them with a thick layer of starch and let it dry. Remove with a stiff brush.

Prevent hot grease sticking into the floor where it is spilt by dashing cold water on it. This hardens the grease and prevents it running.

Bronzed lamps, chandeliers, etc., should be merely dusted with a feather brush or with a soft cloth, as washing them will take off the bronzing.

To revive feathers that have lost their curl, throw a handful of salt into a clear fire and shake the feathers well over it. Simple, but reliable.

On bruises, when the skin is not lacerated, treat them by applying a pad of lint in eau-de-Cologne and keeping the pad in position by a bandage.

Washing fluid is made by mixing ammonia and turpentine. Two tablespoonsful of this put into a copper in which clothes are being boiled has an excellent result.

To harden the icing on cakes, stand them when iced in a dry place for four or five days. The icing should be mixed very stiffly and flattened with a knife dipped into boiling water.

To remove stains from flannel take the yolk of a raw egg, mix it with a tablespoonful of glycerine, and apply to the spot; let this soak in well before washing the garment in a lather of boiled soap.

When cooking fruit, especially dried prunes, apples, etc., add a pinch of salt and you will be surprised at the improved flavor. A pinch of salt is sufficient for a fruit tart.

Before beginning to sweep see that no food is left uncovered in the room. Sweep from the edges of the room toward the centre. Sweep with short strokes, keeping the broom close to the floor.

When making stock never allow it to stand in the saucepan all night, but strain off into the basin while still hot. Remove the fat before adding the meat and liquor to the bones again.

An economical and wholesome way to cook potatoes is to wash them thoroughly and steam with their "jackets" on. When properly cooked let them dry, and remove the skins just before serving.

All green vegetables should be kept in a cool, dark place, but not in great quantities. Roots of all kinds should be kept in dark, dry places, because light, warmth and moisture produce either germination or decay.

If soot falls on a carpet, cover it thickly with well-dried kitchen salt. In this way it can be swept up without leaving a mark, whereas if swept up without the salt it is sure to leave an ugly mark which will disfigure the carpet.

To clean a white fur rug, put it on a firm table and rub it well with bran moistened with hot water. Rub next with a flannel till the fur is quite dry, then with a piece of book muslin apply dry bran in the same manner.

In making a mustard plaster, instead of using water, if the mustard is mixed with the white of an egg you will have a plaster which will draw perfectly, but will not produce blisters on the skin, no matter how long it is allowed to remain on.

Most servants, and indeed too many housewives, burn a great deal too much fuel in cooking. It is simply waste to fill up the grate with coal and then punch and poke it until it nearly melts the top of the stove, only to go through the same process again when it is urned out. When the fire is burning, a shovelful at a time will keep the oven in prime condition and cook everything on top of the stove.

To wash an eiderdown quilt, make a lather of hot water and soap jelly (a heaped teaspoonful to the gallon), and add a little liquid ammonia. Put the quilt in this and leave for a few minutes. Souse well up and down in this and another suds prepared in exactly the same way. Use a third lot if it does not look clean. Rinse in two lots of clear, warm water, to which a little ammonia has been added. If you have a wringer, run it through this. If not, hang on the line in a windy place and let it run dry, squeezing the lower ends occasionally between your hands as the water drains to the bottom. As it dries, shake frequently.

SELECTED RECIPES.

With Cider.—When using gelatine a delicious jelly can e made by using sweet cider in place of water. If English walnuts are used to garnish the jell the result is a delightful combination of flavor.

Apples with Cranberries.—When making cranberry jelly cook half a dozen tart apples with a pint of cranberries. For another change cook half a cup of raisins chopped fine with one pint of cranberries.

A Plum Pudding is greatly improved by being mixed and put on one side to soak the day before it is boiled. If the same cloth is allowed to remain on it, the pudding can be kept for several months.

Apple Snow.—Bake three large apples till cooked, skin and take away the core, then pass through a sieve. Beat the whites of two eggs, sufficiently sweetened to a stiff froth, adding gradually the apple pulp. Pile this up roughly and serve with custard poured round.

Fish Balls.—With six medium-size potatoes boil one-half pound salt fish, boneless. When the potatoes are cooked add a piece of butter about half the size of an egg, a little milk, and pepper to season. Mash all together, form into small cakes, flour each side and fry them in deep fat. Drain the cakes on paper and serve hot with a poached egg on each.

Scalloped Mushrooms.—Toss some small mushrooms in butter, with some chopped parsley and shallot, and two or three finely minced mushrooms. When colored sprinkle the whole with flour, and moisten with good stock or gravy. Stir gently over the fire till the sauce is well reduced. Butter some scallop shells, fill them with the mushrooms, etc., sprinkle plentifully with pale brown breadcrumbs, and bake in a good oven for ten minutes.

Gingerbread Wafers.—Take one pound of flour and work into it half a pound of butter, half a pound of caster sugar, also three-quarters of an ounce of ground ginger. Whisk up two eggs to a stiff froth and mix into the flour, etc., so as to form a stiff paste. Roll out very thin, trim with a fancy cutter, and bake in a sharp oven for five minutes.

Potato Rolls for supper should be prepared as follows: Stir into mashed potatoes an egg or two and a very little hot milk; if the mixture is too stiff add a dash of powdered mace, salt, and pepper, and chopped parsley. Beat the mixture thoroughly, form into round cakes, brush over with beaten egg, roll in breadcrumbs, fry in boiling fat, and serve very hot on a d'oyley. Garnish all with chopped parsley and tomato.

Beef Cakes is a good way to use up the remains of a cold roast of beef. To each pound of beef allow a quarter of a pound of bacon, pepper and salt, a small bunch of savory herbs with two beaten eggs. Mince the beef very finely, also the bacon, add seasonings and herbs; dredge all with flour and moisten with beaten eggs. Make into small cakes, dip into frying butter, and fry to a good color. Serve with rich gravy.

Vegetable Marrow Pickle.—Take some vegetable marrow, scrape out the seeds, cut into strips, sprinkle salt upon them, and let them stand one night, then drain on a cloth. To two pounds of marrow, weighed before salting, allow one clove of mixed garlic, six chillies, quarter of a pound of loaf sugar, half an ounce of turmeric, one ounce and a half of white ginger (crushed small), one ounce and a half of flour of mustard. Boil these ingredients with one quart of vinegar; when boiling stir the vegetables into it and boil for twenty minutes. When cool put into bottles and cover with a bladder.

HOW TO MEND CARPETS.

In mending or cutting down worn carpets, a lengthwise seam is more noticeable than one made across the breadth. For this reason, mending as one would an ordinary garment, by cutting out the worn place, clipping the corners diagonally, turning under the edges and stitching them down to a piece of carpet secured to the under side, is sure to be conspicuous, however skilfully done. If possible, then, cut across the entire width of a breadth, and, matching the pattern perfectly, insert a piece by neatly folding the edges of both the body carpet and piece back on to the wrong side an inch, basting securely to position, and overhand stitching the edges with linen thread as near the color of the ground as possible.

TRAINING OF GERMAN GIRLS.

Cooking Schools Attended by all Classes of Society.

A custom which prevails in the north western provinces of Germany is to send the daughters, when they have reached the age of sixteen, to what is called a cookery school. No matter what a girl's position in life is, the manners of the country require that she should know how to cook, wash, iron, clean rooms, mend linen and plant the garden. There is only one difference between the baroness and the daughter of a trademan: the latter learns these several duties at home from her mother, while the former leaves her home to learn the same details of domestic science in a strange house. Work begins at half past five in the morning, and the girls take it in turns to clean the rooms and lamps, to keep the garden in order, feed the animals and milk the cows, to arrange the dinner and cook it, and to wash the clothes. This latter in Germany is a severe ordeal, as an immense stock of linen is required, a huge "wash" taking place about four times a year. After six months' training the student has a novice placed under her, and, in teaching her, she learns the weak points in her own education, and also the valuable art of explaining the necessary duties to another.

"SAVED MY LIFE"

—That's what a prominent druggist said of Scott's Emulsion a short time ago. As a rule we don't use or refer to testimonials in addressing the public, but the above remark and similar expressions are made so often in connection with Scott's Emulsion that they are worthy of occasional note. From infancy to old age Scott's Emulsion offers a reliable means of remedying improper and weak development, restoring lost flesh and vitality, and repairing waste. The action of Scott's Emulsion is no more of a secret than the composition of the Emulsion itself. What it does it does through nourishment—the kind of nourishment that cannot be obtained in ordinary food. No system is too weak or delicate to retain Scott's Emulsion and gather good from 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.

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Chemists
Toronto, Ont.
50c. and $1; all druggists.

AGONIZING NEURALGIA.

Due to Poor, Weak Blood — Dr. Williams' Pink Pills will Insure a Cure.

Neuralgia is the surest sign that your whole system is weak and unstrung. Those sharp, stabbing pains are caused by your jangled nerves. But your nerves would not be jangled if your blood was pure and strong. You can't cure neuralgia by liniments or hot applications. They may relieve for a moment—but they can't possibly cure. You can never cure neuralgia until you enrich the blood and brace your starved nerves with Dr. Williams' Pink Pills. They actually make new blood. They soothe the nerves and strengthen the whole system. They strike right at the cause of agonizing neuralgia. Mr. John McDermott, Bond Head, Ont., says: —"As the result of a wetting, I was seized with pains in all parts of the body. I consulted a doctor, who told me the trouble was neuralgia. He treated me for some time but did not help me. I had often read of Dr. Williams' Pink Pills, and decided to try them. By the time I had taken three boxes, there was a good improvement in my case, and after I had taken ten boxes, every ache and pain had disappeared, I had gained in weight and felt better in every way. I shall always have a good word to say for Dr. Williams' Pink Pills."

When the blood is poor, the nerves are starved; then comes neuralgia, insomnia, St. Vitus dance, paralysis or locomotor ataxia. All these troubles are cured by Dr. Williams' Pink Pills, because they actually make the rich, red blood that feeds and soothes the starved nerves and sends health and strength to every part of the body. That is why these pills always cure such troubles as rheumatism, anaemia, chronic erysipelas, indigestion, and the special ailments of growing girls and women. But you must get the genuine with the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around each box. If in doubt, write the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be sent by mail at 50 cents per box, or six boxes for $2.50. If you are ailing, try them to-day.

BEGINNING OF INSURANCE.

The practice of insurance was known to the ancients, being in vogue at the beginning of the Christian Era. The insurance of ships was undoubtedly part of the business of the Hanseatic League, which was formed about 1140 by the port towns of Germany to protect themselves against the pirates of Sweden and Denmark. The custom of drawing out insurance policies originated in Florence in 1523, although a regular Chamber of Insurance was formed at Bruges early in the fourteenth century, and the practice was in general use in Italy in 1194, and in England in 1560. Fire and life insurance are of much more recent origin. Some of the ancient guilds provided compensation for any of their members who suffered loss from fire, but the insurance of goods and houses, as a distant branch of business, cannot be traced farther back than 1667, the year after the Great Fire of London. The first regular company, the "Hand-in-Hand," was founded in 1696, and five other companies still existing were started in the quarter of a century which followed. Life insurance was first undertaken by the "Amicable" in 1706.

STILL WORSE OFF.

"Don't those poor girls work hard behind those counters!" exclaimed the sympathetic lady. "Yes, but mercy! I've worked a good deal harder in front of them, matching samples."

SAFEGUARD YOUR HEALTH
BY USING
"SALADA"
Ceylon Natural GREEN Tea instead of the adulterated Japan Teas.
LEAD PACKETS ONLY. 40c, 50c AND 60c PER LB. AT ALL GROCERS.
HIGHEST AWARDS ST. LOUIS, 1904.

FREE FREE

This Beautiful Fur Scarf Given Away

This handsome **Fur Scarf**, made of fine black full-furred skins is about **48 inches long**, and has six large beautiful black tails. The fur is full, soft and fluffy, just the right style, equalling in appearance **black Martin Scarfs** that cost **five or six dollars**, ornamented with nice plated Neck Chain of very handsome appearance, rich, warm and stylish looking. We will **give away** one hundred of these extra fine **Fur Scarfs** to ladies and girls who will help introduce Dr. Armour's famous Vegetable Pills, the greatest remedies on earth for the cure of indigestion, constipation, rheumatism, kidney complaints, weak and impure conditions of the blood, catarrh, female weaknesses, etc. We want a few honest agents in each locality to receive our handsome Furs.

DON'T SEND ANY MONEY

Just send your name and address and agree to sell only eight boxes of these famous remedies at 25c. a box **We trust you** and send them by mail postpaid. Each customer who buys from you is entitled to a **handsome present** from us. You can sell them quickly. When sold return us the money and we will send this **lovely Fur Scarf** at once. If you sell the goods and return the money quickly we will give you an opportunity to secure a handsome "Gold" Watch or a magnificent Solid Gold-finished Jewelled Ring. Free, besides the Scarf, without selling any more goods. Don't miss this opportunity. Write now before you forget it and you can soon secure these **handsome presents.** Address,

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NOTE—This is a Grand Offer by a reliable Company.

FROM A DEAD STATESMAN

COMMUNICATIONS COME FROM LORD CARLINGFORD.

Once Secretary for Ireland and was Made a Peer in Recognition of Services.

It must be uncommonly interesting for a dead statesman, who from the other world is able to read the minds of living ones, to watch the course of political events here on earth, writes a London correspondent. That is what the late Lord Carlingford is doing—if we may believe the letters to mankind which a female cousin of his declares that she and a professional medium have written from time to time at his dictation. Some of these letters have just appeared here in Broad Views, a monthly publication devoted to ghosts and occultism. Owing to the eminence of their reputed author, the attention which they have attracted is not confined to those who believe that the dead can communicate with the living.

It may be recalled that Lord Carlingford, who quitted the world eight years ago, was an associate of Gladstone and a big figure in the political world. As Chicheester Fortescue, he was chief secretary for Ireland in the administration which Gladstone formed in 1868. He was raised to the peerage in recognition of his services in that office, and became a cabinet minister in the Gladstone government of 1880. A. P. Sinnett, who edits Broad View, tells me there is not the slightest doubt that the deceased statesman inspired the

REMARKABLE LETTERS

which he has just published.

"Very soon after his death," said Sinnett, "Lord Carlingford began to communicate, from the other world, with his cousin, Mrs. Arthur Nugent, whose own psychic faculties enabled her to become conscious of his presence."

"Lord Carlingford describes himself as "at one moment absorbed in endeavoring to inspire the thought of an earth colleague to grasp surely, and then render clearly, his thoughts on questions raised—at another, while taking no personal or active part, listening eagerly and delightedly to the expression of thoughts and feelings of men, who in their wordy wars evolved new thoughts and recalled (unknown to them, but, nevertheless, stored up) memories and former experiences to their aid and service."

In fact, according to Gladstone's former associate, spirits of all kinds still take an interest in matters which engaged their attention on earth, inventors, for example, for Lord Carlingford says:

"I have seen the inventive genius—say an engineer, for example—still working at his models in his efforts to produce a more practical machine or article; and I have known that spirit to return to earth and find in the mind of a mortal the very clue the spirit required to perfect

HIS OWN INVENTION.

That same spirit I knew had a mortal on earth in affinity with himself, and together (unknown to the mortal), they have worked."

And most people will be interested in hearing that what he has seen in a better world has made Lord Carlingford a believer in the strenuous life.

"It seems to me," he says, "where I now am, that the highest and best spirits are not those who have held pleasant places on earth; they are those who have passed through the fire, who have fought the battle of life and overcome the obstacles in their path. For those you love, do not pray for easy lives.

"Here stand before us the results of selfish belief in emply religious forms and ceremonies; mumbled prayers without noble deeds; wasted lives of human beings immured in convents and monasteries, while the golden days of a God given earth-life in which an active pert was intended for them are lost. I see sfretched out before me such a vast field for labor and man's enlightenment. I see surely, in the far distance, the established brotherhood of man; but to-day I see that it is the mistaken forms of the worship of God which is the awful barrier between mankind."

And Lord Carlingford adds: "I am taught that it frequently happens that the same spirit reincarnates in the same family at intervals, but of this I have not yet had personal experience, neither have I learned that there is a given time or period when a discarnate spirit must reincarnate and

RETURN TO EARTH;

but I am told that in cases where the spirit lived on earth the allotted time, say three-score years, etc, many centuries elapse of material time ere reincarnation takes place again. But, on the other hand, where a child is, let us say, perhaps, still-born, or an early death takes place, it frequently, indeed, generally happens, that the spirit quickly reincarnates, and in the same family.

"I know that there are states infinitely beyond me into which I cannot penetrate at present, and there are others so far below that my spirits recoils from the horror and misery. I also realize that this spirit world is actually in the midst of the material one. That, as spirits and mortals go, they, so to speak, rub shoulders.

"That I retain my actual personality as when on earth, but am surprised and delighted to find a wider and unrestricted grasp and understanding of things. I feel as if hitherto I saw as through a glass darkly, now all things are made clearer and puzzle me no more."

All of which may be commended to the people who take interest in such manifestations.

BABY'S OWN TABLETS.

Meets the mothers' needs in caring for the health of their little ones as no other medicine in the world can. The Tablets cure constipation, indigestion, colic, simple fevers, diarrhoea, teething troubles and expel worms. They break up colds and prevent croup. They make children sleep naturally and healthy, because they remove the cause of sleeplessness. And they are the only medicine that gives the mother a solemn guarantee that it contains no opiate or poisonous soothing stuff. They are good for children from birth onward; they always do good—they cannot possibly do harm. Mrs. Geo. Turner, Barry's Bay, Ont., says: "I have used Baby's Own Tablets for the troubles that come to little ones with perfect satisfaction. I think there is no medicine can equal the Tablets." Every mother ought to keep a box of these Tablets in the house as a safeguard for her little ones. Sold by all druggists, or sent by mail at 25 cents a box by writing the Dr. Williams' Medicine Co., Brockville, Ont.

ADVICE.

Cholly—I hope to raise a nice Vandyke beard, but it's growing so straggly I think I shall shave it off, don't y' know.

Miss Peppery—Oh! let it grow; perhaps in that way you'll get it all out of your system.