About the House

MY WAY OF CANNING MEAT.

Having successfully canned all kinds of fresh meat for a number of years I offer my method in detail hoping that other farmers' wives may be induced to provide in this way fresh meat for summer use, writes Mrs. Millie Hoaker. All kinds of meat may be canned, including mutton and veal.

I like to can as soon after butchering as possible, although in cold weather when meat may be kept frozen there need be no particular hurry. But repeated freezing and thawing is injurious to quality so it is not well to wait until the last thing in the spring before putting down that intended for summer use. I use common Mason fruit jars of both the one and two-quart size. For a small family, especially where a little help is employed, the smaller size is better, but for a family of five or over I would prefer the larger. Both jars and covers should be thoroughly sterilized by boiling in water for a time. I usually boil the covers seperate and put a little common baking soda in the water. It is especially important to have the covers free from all germs and the porcelain lining adds somewhat to the difficulty. But by selecting only good covers and boiling thoroughly I never have any trouble, although I use them over and over again.

FILLING THE JARS.

Cut up raw meat without washing into rather small pieces and pack in the jars. Pack closely, but do not attempt to jam down. Use considerable fat, and exclude all bones, gristle and undesirable portions. To each two quart jar put in one level tablespoon of salt. No water is needed. Put on a rubber and screw down the cover as tightly as can readily be done. No attempt, however, is made to seal at this time.

To cook, put a thick layer of hay in the bottom of a wash boiler, set the jars on this, place over the fire and cover to within a couple of inches of tops of jars with cold water. Tops of jars should not at any time be submerged, but water should be kept while boiling as near to them as possible. Bring slowly to the boiling point, and for the two quart size boil from three to three and a half hours; for the one quart size about half an hour less. Something depends upon the quality of the meat, but no matter how tender to begin with long cooking is necessary to insure good keeping. Keep the boiler closely covered from beginning to end. When cooked, lift the cans, one at a time, from the boiling water and screw down covers just as tightly as possible. If the lid or cover proves defective exchange for another, but set can back into the boiler again for a time before sealing. Keep water boiling and boiler covered until last can is out.

Three dozen two-quart cans is a generous supply for a family of six and will take about two good-sized quarters of beef. Of course every farmer puts down more or less pork so that it is not necessary to depend altogether upon the canned supply of meat. Pork for canning should be mostly lean. Usually we fry down the hams and shoulders fresh, and the trimmings, irregular pieces and portions next the bones are canned along with the tenderloin. Sometimes it is ground as for sausage and then canned. A little lean beef ground up with the rest is then an advantage. We do not season sausage intended for canning, except to salt it.

WAYS OF SERVING.

Canned beef, mutton and veal may be served cold, or pieces fried in fat until slightly browned, or used in pies. The liquor, which is simply the extracted juices, is very rich and makes the best of soups and gravies. Pork should be heated before serving. As a rule we use the canned sausage for breakfast with griddle cakes or fried potatoes.

All canned meats should be set before thoroughly cold where the cans are to remain during the summer. It is important not to break the coverings of fat overhanging the meat. I have frequently kept it over from one year to the next. The last season out of several dozen cans I did not have one which did not keep perfectly.

BREAKFAST BREADS.

Sponge Rolls. — Take one pint of flour, one-half pint of warm water, one teaspoonful of sugar, one-half teaspoonful of salt, one tablespoonful of butter, one-eighth cupful of yeast. Sift the flour into a bowl; then add the salt and sugar. Melt the butter in the warm water and add the yeast. Put this mixture with the flour and beat thoroughly with a strong spoon. Cover the bowl and let the dough rise overnight. In the morning butter a French roll pan and half fill each compartment with the sponge, being careful not to break it down unnecessarily. Let the rolls rise for an hour, and bake them in a moderately hot oven for half an hour.

London Crumpets. — One pint of flour, one pint of warm water, one-eighth cupful of yeast, one-half teaspoonful of salt, one-half teaspoonful of sugar, two tablespoonfuls of butter. Put the flour, salt, and sugar in a bowl, add the water and yeast, and beat vigorously for fifteen minutes. Cover the bowl and set in a warm place overnight. In the morning beat in the melted butter and pour the batter into buttered muffin pans. Let the crumpets rise for an hour and bake in a hot oven.

Sally Lunn — One pint of flour, one-half pint of milk, one tablespoonful of sugar, one-half teaspoonful of salt, one and one-half teaspoonfuls of butter, one-quarter cake of compressed yeast, or one-quarter cupful of liquid yeast, one egg. Sift the flour and mix with it the sugar and salt. Heat the milk to about one hundred degrees and dissolve the butter in it. Dissolve the compressed yeast in two tablespoonfuls of tepid water, and stir in the milk and butter. Separate the parts of the egg and beat the white until light; then beat the yolk well. Add the milk mixture and the egg to the flour and beat well. Pour this batter into a well buttered cake pan. Cover and let it rise in a warm place for two hours. Bake for half an hour in a moderately hot oven and serve on a hot dish.

Raised Wheat Muffins. — One generous pint of flour, one-half pint of milk, one tablespoonful of butter, one-half tablespoonful of sugar, one-half teasponful of salt, one egg, one-eighth cupful of yeast or one-eighth of a yeast cake. Put the flour, salt and sugar in a deep earthen bowl. Boil the milk and add the butter to it. Let this mixture stand until only tepid; then add the milk, butter, and yeast to the flour and beat well. Cover the bowl and let it stand in a cool part of the kitchen, unless the weather be very cold, in which case it will be necessary to keep the bowl in a warm place. When morning comes the batter will be found to have risen to a light sponge. Beat the egg until light and add to this sponge beating in well. Half fill well buttered muffin pans with the batter, cover, and let the muffins rise in a warm place for an hour. Bake for half an hour in a moderately quick oven.

Pin Wheels. — Make the dough for milk rolls, and when it has risen roll it as thin as possible. Spread it with soft butter and sprinkle over this half a cupful of sugar and one tablespoonful of cinnamon mixed together. Roll up like a jelly roll and cut into slices about half an inch thick. Place these slices in a well buttered pan and let them rise to double their size. Bake in a moderately hot oven for twenty-five minutes.

PROVED FACTS.

Naptha soap cleans paint far better and more quickly than any other scouring material.

If you boil potato parings in a dish in which onions or fish have been cooked no odor will cling to it.

Water boils away very rapidly just before a storm. Then is the time you must watch for kettles to boil dry.

If you don't want to stand in a draft to peel onions it answers the purpose even better to stand over a good fire.

If drinking water gets warm and no ice is at hand, it seems many degrees cooler with a few drops of lemon juice squeezed into each glass.

If you spill ink on any fabric you can get it out by washing immediately in sweet milk. India ink has been scrubbed out of a carpet with milk, without taking up the carpet, cleaning the grease left by the milk with soap and water.

CARE OF MEN'S CLOTHES.

If the elbows or knees of a man's clothes get out of shape lay a damp cloth on them, fold them up, and leave them for a couple of hours. Then lay the garment on the ironing board, smooth out with the palms of the hands, and pull gently in every direction till the stretched part lies flat. Cover with a cloth and press with an iron, but take care to have a piece of material between the iron and the cloth or a shiny mark will be left, which will be as disfiguring as the former bagginess.

PRECAUTIONS WITH MEDICINES

Never give medicines without first reading the directions carefully, no matter how well you think you know them. Never give a larger dose than directed in the hope of more quickly allaying symptoms; you may thereby kill the patient. Never keep the medicine for internal use beside any for external application. Do not glance hastily at the label, thinking all is right; carbolic acid might readily be mistaken for carbolic oil. Never give or take several kinds of drugs without consulting a doctor; much mischief might be the result.

Throat Coughs

A tickling in the throat; hoarseness at times; a deep breath irritates it;—these are features of a throat cough. They're very deceptive and a cough mixture won't cure them. You want something that will heal the inflamed membranes, enrich the blood and tone up the system ∴ ∴ ∴ ∴

Scott's Emulsion

is just such a remedy. It has wonderful healing and nourishing power. Removes the cause of the cough and the whole system is given new strength and vigor ∴ ∴

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FRENCH ARMY CONSCRIPTS.

Never Take Good Clothes or Possessions into the Barracks.

"They are a curious crowd," says a writer describing the conscripts of the French army, "these boys of twenty and of twenty-one, in various stages of sobriety, as they throng onto the platforms of the railway stations and, under the fire of gentle and superior sarcasm from the young men in uniform who have already done a year or two, climb into the third-class cattle pens which are to take them to the threshold of their lives in barracks. The sons of wealthy men elbow the scourings of the street.

"All wear their worst clothes, except those who do not possess a second suit. The chief peculiarity about the whole of them is an entire absence of luggage. A young friend of my own was one of them. His luggage for the two days of his first visit to Paris consisted of a comb and an extremely aged tooth brush, and before leaving Paris he asked me to keep his overcoat for him till he returned. 'They will only spoil it, and it is a new one,' was his plea.

"I counted the valises of a whole train load of conscripts who accompanied my friend, and they numbered exactly four. 'Those four will have their lives teased out of them to-morrow,' was the verdict of a private under arms upon the platform."

SPRING ADVICE.

Do Not Dose With Purgatives and Weakening Medicines — What People Need at This Season is a Tonic.

Not exactly sick — but not feeling quite well. That's the spring feeling. You are easily tired, appetite variable, sometimes headaches and a feeling of depression. Or perhaps pimples and eruptions appear on the face, or you have twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order, that the indoor life of winter has left its mark upon you and may easily develope into more serious trouble. Don't dose yourself with purgative medicines in the hope that you can put the blood right. Purgatives gallop through the system, and weaken instead of giving strength. What you do need is a tonic medicine that will make new, rich, red blood, build up the weakened nerves and thus give you new health and strength. And the one medicine to do this speedily and surely is Dr. Williams' Pink Pills. Every dose of this medicine makes new, rich blood which makes weak, easily tired and ailing men and women feel bright, active and strong. If you need a medicine this spring try Dr. Williams' Pink Pills and you will never regret it. This medicine has cured thousands and thousands in every part of the world, and what it has done for others it can easily do for you.

Medicine dealers everywhere sell these pills or you can get them direct from the Dr.. Williams' Medicine Co., Brockville, Ont., at 50 cents a box or six boxes for $2.50.

THIMBLE COLLECTING.

One of the queerest fads among the upper classes is the collecting of the thimbles of women celebrities. One of the finest of these collections is that of a London society man, who has a cabinet full of the dainty finger-shields of the maidens he has loved and lost; while Mrs. Vanderbilt rejoices in the possession of a veritable thimble of that excellent needlewoman Queen Elizabeth. This is the gem of her collection, although the latter contains a solid silver thimble worn by our Queen when a girl of fourteen, and a substantial "finger-shoe" of no less a person than the mother of our King.

CHILDHOOD'S PERILS.

The so-called soothing medicines contain poisonous opiates that deaden and stupefy, but never cure the little ailments of childhood. Baby's Own Tablets are guaranteed to contain no opiate they act on the stomach and bowels and thus remove the cause of nearly all the ills that afflict little ones. In this way they bring natural, healthy sleep, and the child wakes up bright and well. Mrs. A. Weeks, Vernon, B. C., says: "I have used Baby's Own Tablets and can cheerfully say that I have found them all you claim for them." These Tablets are good for children of all ages from birth onward. Sold by all medicine dealers or sent by mail at 25c a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

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Two thousand designs suitable for all classes of work such as **Churches, Schools, Stores, Halls.** Also special designs for **Houses, Kitchens, Dining-Rooms,** etc. Nothing has ever been devised to equal Pedlar's Steel Ceilings for **Farm Houses.** Cheap as lath and plaster and will never crack or fall off.

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WRITE YOUR NEAREST OFFICE.

Head Office and Works, - - - Oshawa, Ont., Canada

AFRICAN LIONS' TOLL.

Have Killed Hundred Laborers on Railway Line in Uganda.

At Simba, on the new Uganda railway, in Africa, lions killed 100 laborers while the road was being put through. Capt. Chauncey Stegand, of the British army, killed three lions there one night last August, shooting from a platform under the water tank, for the lions had a habit of coming there to drink the drippings. The account runs:

"Nothing occurred up to 10 o'clock. Then the watcher heard a beast coming behind him, which proved to be a lioness. She came up, paused under the platform, and the captain heard the lapping of water beneath him. He moved to get a sight of her and made a noise in turning. The lioness made a side jump of about five yards and smelt the ground and listened. She thus exposed her side, and the captain fired two shots. The first shot hit her in the neck, the second in the heart. She gathered herself up like a horse about to buck and then bolted blindly toward the track, ran on it for about ten yards and fell. Then the captain heard the noise of two lions crashing through the high grass. One came out first and went up to the dead lioness and smelt the body and scratched at it. In a minute or two the other lion came out of the grass. Both together scratched the body, when they realized that she was dead, and both lay down for some time by the body, and then got up and roared, then lay down again, and again rose and roared, evidently performing a kind of wake or funeral service, with dirge.

"The captain fired at one and struck his jaw and the bullet glanced off his shoulder. He tumbled over on his head. The captain fired a second shot and hit him just behind the heart. The beast spun round like a teetotum, then rushed into the tall grass out of sight. The second lion Capt. Stegand shot through the heart.

"Capt. Stegand waited on the platform, hearing the wounded lion breathing and moaning in the high grass. About two o'clock the people of the station came out. The captain gave his orderly his spare rifle and then walked up to the edge of the tall grass, when the animal bolted out with a roar and sprang at the captain, who shot him in the air. The beast fell upon him and seized his left arm in his teeth. The man managed to turn and strike the lion with his clinched right fist in the neck. The orderly yelled. The lion let go his hold and disappeared in the grass, lying there all night. He was despatched in the morning."

HIS NEXT STEP.

On the recommendation of a charitable organization a well-known novelist recently gave a man employment in his garden. Mr. C—— feared that he was unfit for the work and soon found that he was hopeless. The only things in which he gained were laziness and self-satisfaction.

Finally the author discharged him. The man took his dismissal with a jaunty air that was rather nettling.

"You seem pleased," observed Mr. C——, with a touch of sarcasm.

"Oh, I ain't worrying," was the response. "I sha'n't starve."

"Indeed! I am not so sure about that. Perhaps you won't mind mentioning what you expect to do?"

"No objections," answered the other, easily. "If the worst comes to the worst I sha'll take up book-writing. I've discovered that it doesn't require such an awfully smart man as I thought it did."

CROWN LIFE INCREASES CAPITAL.

Progressive and Prosperous Canadian Company—Low Premium Rates and Liberal Policies.

Steady and substantial progress is shown by the Annual Report of the Crown Life Insurance Company which has just been published. The Crown Life has now nearly $4,000,000 of high class insurance in force upon its books and the total surplus to policyholders, including the insurance reserve fund maintained in accordance with the Government Standard, amounted, on December 31st last, to $852,479.60.

The financial position of the Crown Life is now being further strengthened by the introduction of a large amount of additional cash capital, which will enable the management to materially improve the Company's business with profit to all concerned. The object of the Directors from the first has been to make the Company a success from the policyholders' standpoint, and this increase in cash capital will specially promote the interests of the policyholders of the Company.

The Crown Life policies are indisputable from date of issue and include guaranteed loan, cash surrender and paid-up values. There are no restrictions in regard to residence, travel or occupation. The premium rates of the Crown Life are lower than those charged by most other companies.

The officers of the Crown Life are: Col. The Hon. D. Tisdale, P. C., K.C., M.P., President; John Charlton, 1st Vice-President; H. M. Mowat, K. C., 2nd Vice-President; Randolph Macdonald, Chairman Executive Committee; Charles Hughes, A.A.S., Managing Director and Actuary; H. T. Machell, M. D., L.R.C.P., Edin., Medical Director; A. H. Selwyn Marks, Secretary and Treasurer; William Wallace, Superintendent of Agencies.

HEAD OFFICE, TORONTO.

An agency for the Crown Life in this district offers a splendid opportunity for an energetic and reliable man.

Mrs. Youngbride (sobbing): "And—and, besides all that, you've never kept the promises you made me before we were married." Mr. Y.: "Indeed! What promises have I not kept?" Mrs. Y.: "Why—why, before we were married you said you'd lay the world at my feet." Mr. Y.: "Well, what are you grieving about? Isn't it there?"

It's easy to borrow an umbrella in fair weather.