About the House

JUST MACARONI.

Macaroni a La Creme. — One pint of cream or rich milk, four tablespoons of flour, the rind and juice of one lemon. When the cream comes to a boil stir in the flour smoothly; let it boil for ten minutes. Then pour in some macaroni that has been boiled in water and drained. Pepper and salt. Bake it for one-half an hour or serve it stewed.

Macaroni and Cheese. — Take as much macaroni as will fill an ordinary baking dish, boil it in water for two hours, drain it off and add one pint of cream or milk, one tablespoonful of butter, and one of grated cheese. Mix it well and put in a baking dish, cover with grated cheese and cracker dust; keep in the oven until browned on the top. It will take one-half an hour.

Macaroni Pudding. — Take an ounce and a half of the best macaroni and simmer it in a pint of milk with a little cinnamon till tender; put it into a dish with milk, three eggs (but only one white), some sugar, and a little nutmeg.

Macaroni Soup. — Take one quart of milk or of clear gravy soup and boil in it one pound of fresh macaroni until it is tender; take out half the macaroni and put it in a little milk or water to keep it moist, and let the remainder boil to pieces in the the gravy, and then add what was taken out; let it come to a boil and take it off. Boil the macaroni in water for one hour before putting it in the gravy.

Macaroni with Salt Codfish. — Break two ounces of macaroni in two inch lengths; throw them into boiling water and boil rapidly for thirty minutes; drain, blanch for fifteen minutes in cold water, then cut in pieces half an inch long. Wash half a pound of boneless salt cod, cut it in dice, cover with cold water. Bring just to boiling point, but do not allow it to boil: drain, cover again with boiling water, and let it stand for five minutes, then drain. Rub together one rounding tablespoonful of butter with one of flour; add half a pint of strained tomato, a tablespoonful grated onion half a teaspoonful of salt, and a saltspoonful of white or black pepper. Stir until boiling. Add the macaroni and fish, stand over hot water for five minutes and serve in a heated dish.

ITALIAN STEW.

Seems more modern to us, but as a fact the use of cheese for "savour" is old. Take a largish veal cutlet, lay a cabbage leaf upon it, on this put a tablespoonful of Swiss cheese (or Parmesan), on this lay a layer of sliced onion, another cabbage leaf, young of course, a tablespoon of tomatoes, and a bay leaf. On this lay a small cutlet, trimmed and seasoned. Repeat the process and pin over the large cutlet for a casing above, skewer on some strips of bacon to mask the top. Fry the under side of this sack to sear, then put it in a pan with one-quarter of an inch of hot water and let it simmer, covered tight, 1½ hours. Have ready a cup of green peas, cooked without any addition but a little salt. Do not add cream or cream-sauce. Lift the cutlet sack upon a hot serving dish, make a little brown gravy of any liquid that remains to serve in a bowl apart, and pour the peas around the cutlets on the dish.

Fricasse of Macaroni. — Cook sufficient macaroni in boiling salted water in one saucepan and make a cooking water in another. For this take a large cup of cold water, three small onions, one bay leaf, half a lump of sugar, half a fresh lemon rind not cut or grated, and let them stew till the macaroni is done. Then lift out the lemon rind and bay leaf and put the macaroni, drained, cut in small and larger pieces, into the cooking water, to which has been first added two ounces of Swiss cheese. Add seasoning if required and a scant cup of rich milk. Simmer half an hour, or until a creamy mass. To be eaten with a fork and dessert spoon.

Parsnip Fritters. — Parsnips can be just like the little boy in the poem. When he was good—you know the rest. Now this is "a company fixing." See that they are tender and boil them in salted wated, a lump of sugar and a tableespoon of butter. Take out, drain, cool, and when ready to use cut and trim them into long pieces, not quite as long nor as thick as "lady fingers." Dip in a delicate pancake batter. Fry a golden brown on both sides, drain, put on a hot napkin or a hot plate, and when serving sprinkle with powdered sugar and cinnamon. Serve with sections of lemon. They lose their identity with some and pass as a hot sweet.

EAT CURRANTS.

Only a few days ago nobody knew that there was any food value to the little dried so-called Greek currant. Since then food chemists have demonstrated that there is far more nutrition in them than in lean beef. Sir Francis Laking, physician to King Edward, says that nutrition in white bread is greatly increased by them, and that thirty parts of currants should be added to 70 parts of dough. To add them to bread, wash, dry well, and mix with the flour after sifting it with salt. They also make a good winter substitute in all bread and batter recipes that call for fresh huckleberries. The best variety to get are the Zanti currants, which come from the island of Zanti. They are really not currants, but are a small variety of seedless grape.

To use them with sour cream, salt a cup of sour cream. Put in a little less than you believe to be just enough soda to neutralize the acid. Beat in until foamy. Sift a pint with one cup of sugar and one teaspoonful of baking powder. Add one cup of dried currants or fresh blueberries, and bake as muffins.

Currant Tea Cake. — Bake this in sheets and use as hot bread, or as a dessert with sugar and thick cream; or, if preferred, a handy sauce. Sift two cups of flour with two-thirds of a cup of sugar, one heaping teaspoonful of baking powder, and a pinch of salt. Mix with one cup of sweet milk, add one beaten egg, a teaspoonful of melted butter, and one large cup of currants previously steamed or simmered for a few minutes.

Currant Pancakes— Make batter with one egg, one pint of milk, enough flour to make a thin batter, salt, two teaspoonfuls of baking powder, and a teaspoonful of melted lard. Add a scant cup of currants and serve buttered and sprinkled with sugar.

Bread and Butter Pudding — Strew layers or dried currants between slices of buttered bread, crusts cut off. Pour over them a boiled custard flavored with nutmeg or other flavoring. Set in the oven and bake about fifteen minutes.

SENSIBLE SUGGESTIONS.

Clean Sinks. — A porcelain sink can be cleaned by scrubbing with hot soda water and then rubbing with rotten stone, where there are hard stains.

To dry Parsley. — Wash it, and shake dry. Set in a cool oven, and when it is crisp let it cool. Put into tins or bottles, and keep the air excluded.

Substitute for New Potatoes. — By cutting old potatoes into small balls, allowing them to soak for three or four hours in cold water, then boiling in cold salted water and serving with cream sauce, a good substitute for new potatoes is obtained.

How to be Careful of Soap. — Never leave it standing in water, because it wastes it; never throw your shells of soap away, but put them in a jar, fill up with water, put it in the oven, and let it boil well, with a lid over the top, and when the soap is all dissolved take it out and put it to cool, and you will be able to cut it out; therefore, you can use it again. It is useful for washing flannels.

To clean Sponges. — Place a pennyworth of salts of lemon in a quart of boiling water and soak the sponge in it. After an hour rinse thoroughly in warm water, or drop the sponge into water in which a large lump of soda has been dissolved, afterwards boiling slowly Rinse in cold water, then give a sun bath until entirely dry. You should always rinse all soapy water from your sponge, then throw it into your basket, which should be hung just outside the bathroom window.

Apple Cream. — Peel, core, and slice one and a half pounds of sharp cooking apples. Put them in an enameled saucepan with half a cupful of water, two tablespoonfuls of sugar, and the grated rind of one lemon. Stew till soft, and then beat well with an egg whisk. Whip up half a pint of thick cream till stiff and stir in.

To Make Sausages. — Take three pounds of pork, fat and lean, cut into small pieces, season with three dessert spoonfuls of powdered sage, half an ounce of salt, half an ounce of pepper. Mix all well together, and then press it through well cleaned skins with a sausage machine, and twist into lengths required.

Home Pastry. — Lady Fingers.—Five eggs, four ounces of flour, four ounces powdered sugar. Beat the yolks of the eggs and the sugar together, then gradually add the flour, and last of all the stiffly beaten whites of the eggs. Put through a pastry bag on a brown paper and baking sheet and bake in moderate oven.

Pretty Summer Table Cover — A very dainty table cover for summer can be made of crepe paper napkins. Decide how large you wish your cover and baste the napkins onto a piece of old muslin or cheesecloth, overlapping them half an inch. Featherstitch the seams with sansilk the color of the napkin decoration. If desired the outer edge can be slashed for four inches up to form fringe. Splashers and pillow shams are made the same way.

Braised Beef. — Take about three pounds of fillet of beef. Lard it in three or four rows on the top; tie it into a neat shape with string. Melt two ounces of butter in a stewpan, put in the meat, and brown it nicely on both sides, then lift it on to a dish. Wash and prepare two carrots, one turnip, and two onions. Cut them all into large dice, put them into a pan with a bunch of parsley and herbs, one teaspoonful of salt, six peppercorns, one and a half pints of water, and a dozen button mushrooms. Lay the beef on the vegetables, cover it with a piece of greased paper. Put the lid on the pan, and let the contents simmer gently for about one and a half hours, or till it feels tender when pierced with a skewer Arrange it on a hot dish. Strain the stock into another pan, skim it well, and let it boil quickly, with the lid off till a little more than half is left. Pour it round the meat. Garnish it prettily with little heaps of vegetables; round each heap, pipe a neat border of mashed potatoes.

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NERVOUS CHILDREN.

St. Vitus Dance, Neuralgia and Headaches Common Among School Children.

St. Vitus dance is a disease that is becoming more and more frequent among school children. Young people tire the nerves with study and the nerves cry out. Sometimes the trouble takes the form of neuralgia, headache, nervous exhaustion, weakness of the limbs and muscles, and what we call "being run down." In other cases St. Vitus dance is the result, and the sufferer frequently loses all control of the limbs, which keep up a constant jerking and twitching. There is only one way to cure this trouble—through the blood which feeds and strengthens the nerves. And Dr. Williams' Pink Pills are the only medicine that can make the new rich, red blood that feeds the nerves and strengthens every part of the body. The case of Flossie Doan, of Crowland, Ont., proves the value of Dr. Williams' Pink Pills. Mrs. Doan says: "A couple of years ago my daughter Flossie was dangerously afflicted with St. Vitus dance. She became so nervous that after a time we could not let her see even her frieinds. She could not pick up a dish, lace her shoes, or make any movement to help herself. She had grown thin and very pale, and as she had been treated by several doctors without benefit I feared she would not recover. A friend advised me to give her Dr. Williams' Pink Pills, and after she had used a couple of boxes I could see that they were helping her. We gave her nine boxes in all, and by that time she was perfectly well, and every symptom of trouble had passed away and she is now a strong, well developed girl."

If your growing children are weak or nervous, if they are pale and thin, lack appetite or complain of headaches or backaches give them Dr. Wililams' Pink Pills and see how speedily the rich, red blood these pills make will transform them into bright, active, robust boys and girls. You can get these pills from any medicine dealer or by mail at 50 cents a box or six boxes for $2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

COMETS RETIRE TAIL FIRST.

The Earth Frequently Collides With Meteor Swarms.

If you are forty-five years old, you can claim to have passed right through the tail of a comet. As a matter of fact, twice during last century—namely, in 1819 and 1861—did this earth of ours whirl through the tails of comets (one in each of the years named), and so slight was the damage done that no one realized what had happened until some time afterwards.

We have collided with several meteor swarms without serious result. The collision of 1833 was the most remarkable. The whole sky appeared to be raining stars, thousands of meteorites being visible at once, many of them far brighter than Venus, and leaving long, brilliant trails.

The earth's atmosphere protects us from any real danger from these visitations. Solid bodies rushing at an enormous rate through space are immediately fused and dissipated as gases when they first come in contact with our atmosphere, the friction thus set up resulting in incalculable heat.

About three periodic comets appear every year, as well as a similar number of unexpected comets. Encke's comes most frequently, appearing every three years.

A comet's head consists of a smarm of meteors, but its tail is its fascinating part. It is repelled by the sun, for as a comet approaches the sun its tail follows, while it recedes from the sun tail first.

DELICATE BABIES.

Every delicate baby starts life with a serious handicap. Even a trivial illness is apt to end fatally, and the mother is kept in a state of constant dread. Baby's Own Tablets have done more than any other medicine to make weak sickly children well and strong. They give the mother a feeling of security, as through their use she sees her delicate child developing healthily. Mrs. S. M. LeBlanc, Eastern Harbor, N. S., says:—"Up to the age of fifteen months my baby was weak and sickly and at that age could not walk. It was then I began using Baby's Own Tablets, and the change they wrought in her condition was surprising. She began to get strong at once, and has ever since been a perfectly well child." Every mother who values the health of her little one should keep a box of Baby's Own Tablets in the house. Sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

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The company owns as a mining claim, free from any encumbrances, the favorably and well-known Columbus Mine of 40 acres, which has a 5-foot vein, one foot being high-grade cobalt, with good silver value, at only four feet depth, located in Coleman Township, near Giroux Lake, in a most favorable location nearby many of the big paying mines, such as the Drummond, Jacobs and others, and only a few feet from the famous Gillies timber limit, which is so rich in silver that the Government decided to develop it for the benefit of the public. The undersigned personally offers for sale at par only a limited number of shares, as it is expected that in a short time it will greatly advance. There is now a full force of miners developing the property. Send for full particulars. Mail your order, with marked cheque or express order, to the order of

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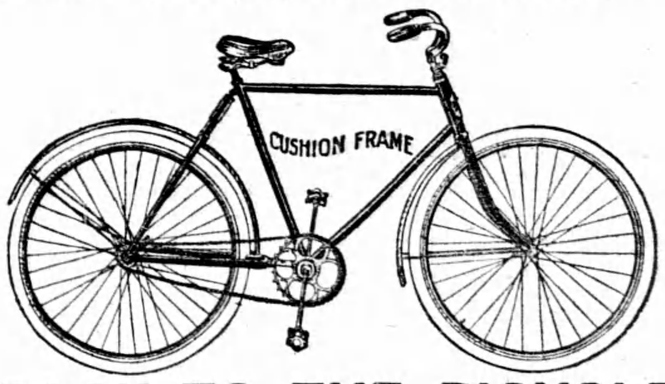
TIME IS MONEY

and no vehicle on the calendar equals the bicycle as a time saver. A prominent doctor says:— "Nothing can replace my bicycle. It stands in the hall when not in use, and when I get a hurry call, I literally grab my hat with one hand and my bicycle with the other and I'm off."



BACK TO THE BICYCLE

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WHAT RADIUM HAS DONE

CONTRIBUTION REGARDING ITS MEDICAL VALUE.

Will Cure Cancerous Growths on Exterior of Body—Fails in Other Cases.

Wild claims have been made regarding the efficacy of radium emanations as a cure-all in therapeutics, and, on the other hand, the reaction against its use has been from time to time equally violent. The contribution of Dr. Myron Metzenbaum to the Medical Record regarding the known medical value of radium is therefore timely and of importance to those interested in its use. The writer bases his conclusions upon an exhaustive survey of medical clinical experience with the substance, and offers the following conclusions

TREATMENT OF CANCER.

"That lupus responds promptly to the action of radium, and that this result is obtained as readily as with the Finsen light or the x-rays, and that these results seem permanent. That small affectations of the epithelium, without glandular involvement, heal rapidly under the action of the radium rays, provided the tubes of radium can be brought into contact or close proximity to the diseased area. Large epitheliomatous areas of the mucous membranes may not be influenced to any marked degree, probably because in large areas the disease is not only superficial but the deeper tissues are involved as well. Epitheliomata on the skin respond far more readily than those of the mucous membranes; this is probably because the skin is kept dry and is not irritated by moisture or friction of the parts. The healing of epitheliomata under the action of the radium rays seems to be permanent. The rodent ulcers about the face and head respond better to the action of the radium than to any known agent excepting x-rays, and the results are better than those usually obtained by surgical interference.

INTERIOR GROWTHS.

Deep-seated, malignant growths seem beyond the influence of the radium rays, and even when an incision is made into the growth and the tube of radium is inserted into its interior (as in the case of the late President Harper), there is then only a histological change in that part of the growth surrounding the tube of radium, as is demonstrated by a microscopical study of the tissue. Even if the radium rays exerted any beneficial influence on truly malignant, deep-seated growths, the fact could not be used to any great advantage in these cases, for the local action would be so pronounced as to cause an ulceration of the skin before it could influence the growth beneath.

USE IN BLINDNESS.

"In certain cases of total blindness, possibly where some of the fibres of the optic nerve still remain intact, a sensation of light may be noted when a tube of radium of high activity is placed in front of the eye or against the temporal region. But thus far radium has given no beneficial results in the treatment of blindness. When tubes of radium are applied to old scars resulting from healed lupoid ulcers, it causes them to lose their rough and fibrous appearance and renders the area quite smooth and pliable."

A LIBERAL VIEW.

It is a well-known fact that parents occasionally get from the conversation of their offspring food for consideration —even suggestions for the revision of pet delusions.

Mrs. Brockett had issued stern orders to Reginald that he must not under any circumstances go over again to play with the Martin boys, lest he be corrupted.

"Aw, mamma!" protested Reginald. "I like 'em, an' I don't learn anything bad from 'em."

"Well, I have told you you must not play with the Martin boys. I won't have you with them. I don't believe they are good boys!"

"Now, see here, mamma," cried the youngster, with noble candor, "mebby I ain't so awful good myself!"