About the House

WINTER VEGETABLES.

Carrot Timbales Baked in Cups.—Boil carefully in unsalted water until tender. Grate three good sized carrots; add to them half a cupful of cream, four eggs beaten until light, a teaspoon of salt, and a dash of pepper. Fill into small custard cups, stand in a baking pan of boiling water, and bake in a moderate oven for thirty minutes.

Parsnips Boiled.—If parsnips are young and tender, scrape, and to prevent discoloration, throw each at once into cold water. When prepared put them into a sauce pan of boiling unsalted water and cook slowly until tender, usually about an hour and a quarter. Drain and put them into a heated dish, heads all one way. Put one tablespoonful of butter and one of flour into a saucepan; mix and add half a pint of boiling water, stir until boiling; take from the fire; add half a teaspoonful of salt, a quarter of a teaspoonful of pepper, and stir in slowly another tablespoonful of butter; add a tablespoonful of vinegar or lemon juice and pour over the parsnips. Garnish with squares of toasted bread and serve at once.

Baked Parsnips.—Cut in halves and boil tender; drain and put in a baking dish, baste with melted butter, dust thickly with granulated sugar and bake in a moderate oven until a golden brown.

Parsnip Cakes.—For this purpose they must be boiled tender, pressed through a colander, and to each four good-sized parsnips a well beaten egg and one tablespoonful of flour should be added; mix, form into small round cakes and saute in a little beef dripping.

Lentil Curry—Soak over night in cold water one cup of lentils. Wash, cover with fresh water, and cook slowly for two hours. Drain, put two tablespoonfuls of butter into a saucepan; when melted add two onions chopped fine; cook slowly until a golden brown; add a teaspoonful of curry powder, a dash of cayenne, and half a pint of the water in which the lentils were boiled. Add lentils, cook slowly for twenty minutes; add a teaspoonful of salt, the juice of one lemon, and serve with well boiled rice.

Boiled Beets—Old beets require great care in boiling. Four hours' slow cooking will, as a rule, make them tender. If they are wilted and tough, soak them in cold water over night. Next morning wash, put them into boiling water, and cook slowly. When done remove the skin by rubbing with a towel; cut into thin slices, dish in a hot dish, dust with salt and pepper, and pour over a little melted butter. Those left over may be put in vinegar and used as a garnish for potato or carrot salad.

CAKES.

Crumb Cake—Rub half a cupful of butter or lard into a cupful of flour, to which has been added one cupful of sugar, a teaspoonful of cinnamon, one-fourth of a teaspoonful of grated nutmeg, and half a teaspoonful of salt. Set aside half a cupful of the mixture and add to the remainder one cupful of flour, half a cupful of sour milk, a teaspoonful of soda, one of cream of tartar, and one egg. If sour milk be used—sour milk is better than sweet milk for the purpose—cream of tartar should be omitted, as the acid in the milk takes its place. Put in a pan, place the half cupful which has been set aside on the top, then bake.

Drop Cake—Take four cupfuls of flour, half a cupful of cornstarch, one cupful of butter, and two cupfuls of sugar, and rub well together. Add a small cupful of milk, the grated rind of a lemon, or a wine glass of rose brandy, and two teaspoonfuls of saleratus. Care must be taken to put the ingredients together in the order named. Drop into tins and bake immediately.

Spice Layer Cake—One tablespoonful of lard, one tablespoonful of butter, three-quarters of a cupful of powdered sugar, half a cupful of molasses, two eggs, two teaspoonfuls of cinnamon, half a teaspoonful of ginger, half a teaspoonful of allspice, half a teaspoonful of cloves, one large cupful of flour, half a cupful of sour milk, and half a teaspoonful of soda. Bake either in two layers or in gem pans. The quantity is sufficient for one dozen gems.

THREE PIES.

Custard Pie.—Whip light the yolks of three eggs with four tablespoonfuls of sugar. Pour upon them two cupfuls of boiling milk, stirring this slowly. Flavor with a teaspoonful of vanilla. Line a pie plate with paste, brush the inside well with the white of an egg, pour in the custard, and bake.

Chocolate Pie.—One pint of milk, one cupful of sugar, yolks of two eggs, two tablespoonfuls of grated chocolate. Mix and bake in an open crust. Make a meringue of the whites of the eggs and a tablespoonful of sugar and spread on the top of the pie to brown.

Creamed Apple Sauce Pie.—Bake your crusts and when you have separated them spread with well sweetened apple sauce beaten light; cover with whipped cream; lay on the upper crust and sprinkle powdered sugar on top.

THINGS TO REMEMBER.

Don't stand brooms on their broom end, but upside down in the corner.

A pinch of soda stirred into milk that is to be boiled will keep it from curdling.

To keep tins bright, wash well with strong hot soda and water; when dry, polish with a cloth and a little powdered whiting.

To make silk that has been washed look like new put a teaspoonful of methylated spirits to a pint in a rinsing water and iron while damp.

Before boiling milk rinse out the saucepan with a little hot water; it will prevent the milk sticking to the bottom of the pan.

A little soda put into the water in which dried beans are soaking will expedite the process wonderfully without losing the flavor of the beans.

Parsley may be kept fresh and a good color for several days if put into a covered earthen jar in a cool place it will last much longer than if kept in water.

To clean raisins and currants roll in flour and then pick off all large stalks. If currants are washed they must be dried before being added to cakes.

AVOID WASTES.

It is an old, yet trite saying that "A woman may throw out of the window with a spoon more than a man can bring in on a shovel.' This of course does not apply in many cases, but it is often as true as it is homely. A few of the many ways of wasting with a spoon are: Buying articles simply because they are "bargains" and expecting them to come in handy some time; using napkins for dish towels, towels for dish cloths and sheets for ironing tables; using silver forks and spoons in the kitchen; opening canned meats, preserves, etc., then by forgetting them and they are left to spoil; letting pieces of bread and cake dry and mold and then throwing them away; cooking larger quantities of food than can be eaten by the family at meal time; failing to cook plain diets and substituting diets that are expensive for the pocketbook and health. No, there are as grave responsibilities resting on the wife as on the husband in the home and the two must practice the same spirit of economy and pull together if they may hope for success.

SOME USES FOR SASSAFRAS.

The tea made from sassafras roots is an excellent blood purifier, while that of the bark, not being so strong, is good for colds.

The dried bark placed on pantry shelves will drive away ants.

The dried roots used for smoking meat give it a nice flavor, and makes it fly proof.

When putting away dried fruits for use in winter, place a bunch of the bark in the top of the sack and flies or other insects will never trouble it.

For bone-felon, blood-boil or any bad sore, a poultice made of the soft inside bark of the root will cool, ease and heal quicker than anything ever known to be tried.

An excellent salve for burns, etc., can be made by boiling the green bark in fresh lard till of the usual thickness, and adding a few drops of peppermint oil. Just pure sassafras oil or a liniment composed mostly of it is good for almost all aches or pains.

A strong solution made from the roots is good for ivy poisoning.

3 IN ONE FAMILY.

CURED OF SKIN DISEASE BY ZAM-BUK.

Once more Zam-Buk, the great herbal balm, has been proved vastly superior to ordinary remedies, and has cured where other preparations had signally failed.

Mr. J. C. Bates, of Burk's Falls, reports the case referred to. He says: "My three children were all broken out with sores on face, hands and feet. Their condition was pitiable, and although I tried various ointments and salves they did not get at the root of the evil, and the sores continued to spread. One da I saw a report in a local newspaper telling how beneficial Zam-Buk was for skin diseases, ulcers, etc. I got a supply of the balm and applied it to the children's sores. Almost immediately they got relief, and the sores began to heal. In one week Zam-Buk overcame the trouble, and to-day the children have not a pimple or spot or mark of disease on their skin. Zam-Buk is a splendid healer."

Zam-Buk is a healing balm compounded from saps and essences of the finest known medicinal herbs. It has high antiseptic power, killing disease germs which settle on sores and eruptions, etc., and which set up festering, blood poison and suppuration. It cures eczema, skin rashes, cuts, burns, bruises, abscesses, ulcers, acne, blackheads, ringworm, blood poison, etc. It heals cracked and chapped hands, cold sores, etc. As an embrocation it gives speedy relief in cases of muscular rheumatism, scialica, etc. Rubbed on the chest in cases of colds, it relieves the tightness and aching. All druggists and stores sell at 50c. a box, or may be obtained post free from the Zam-Buk Co., Toronto, upon receipt of price. 6 boxes for $2.50. Send one cent stamp for dainty trial box.

PROFESSIONAL ADVICE ONLY.

Doctor—Madam, your husband must have absolute rest.

Madam—Well, doctor, he won't listen to me——

Doctor—A very good beginning, madam, a very good beginning.

OBVIOUS.

Squire Peavy—"W'al, I see yer nevvy's back from college. D'ye thing he l'arnt anything?"

Mr. Shellbark—"Not az fur as I kin see. Why, the blame lunkhead ast me what I poured out my coffee in the sasser an blowed on it fur."

OLD ROMAN HOUSES.

Heating Apparatus Discovered in a Ruin in Britain.

An unusual type of Roman villa has been unearthed on the site of the ancient Roman encampment in Britain at Caerwent. The remains have been found to be in excellent state of preservation. A departure from the conventional practice of the Romans in the designs of their residences, as revealed by previous excavations in that country, is the provision of extra rooms abutting on the four sides of the courtyard. In the basements two completely perfect heating devices or hypocausts were found, together with the peculiar blue tiles utilized by the owners for conducting the heat from the stove in the basement and radiating it through the upper rooms of the dwelling. In the basement some exquisite specimens of Roman paving were unearthed.

DISEASE MADE BONES SNAP LIKE GLASS

Frank L. Wellington has died at his home in Trinity Avenue, New York, the victim of a disease which caused his bones to snap like glass. One day while holding a strap in a street car his arm snapped off. A short time later a leg bone snapped. According to his physician this terrible condition was brought about by taking medicine which contained a certain mineral poison.

Again and again has it been demonstrated that mineral medicines are harmful. It is because Bileans, while so effective for all liver and digestive disorders, yet contain no trace of any mineral, but are, on the contrary, purely herbal, that they have won the praise of medical men, trained nurses and scientists all the world over. Bileans differ from nearly every other liver medicine in containing no mercury, and from nearly every other stomach medicine in being free from bismuth. They are also free from alcohol. They are compounded from the finest known medicinal herbs and roots, and are thus the best family medicine that can be obtained. They operate gently on the bowels, curing constipation and piles. They correct acidity of the stomach, stimulate the digestion, tone up the liver, and correct the secretion of bile. Their general action is at the same time corrective and tonic—correcting faulty secretion, toning up weak and debilitated organs. They thus cure anæmia, green sickness, female ailments and irregularities, blood impurities, rheumatism, nausea, headache, gas, pain in the chest and between the shoulders, constipation, piles, and all female ailments. All druggists and stores sell Bileans at fifty cents a box, or post free from the Bilean Co., Toronto, on receipt of price.

POISON AGENT OF REVOLUTION

Russia Finds It Useful in Bombs, Bullets and Letters.

Accustomed as people in St. Petersburg are to new developments in revolutionary methods, no little consternation has been caused by the latest police discoveries regarding the manufacture of bombs. For a long time it has been rumored that the bombs thrown in St. Petersburg and at Moscow must be poisoned, as fragments found have borne traces of some such treatment. Now, there is no doubt left—a woman's flat having just been searched by the police with convincing results. A quantity of cylinders was found of such unusual thickness that experts at once said they were intended to contain a strong poison. Further inquiries proved that bombs of this cylindrical form are filled with compressed air, carbolic acid, or any other gas guaranteed to make the cylinder explode with tremendous force. This is the reason why one bomb will blow several people into fragments. Experts affirm that horses which have died without an incised wound on them but with the skin cracked all over their bodies, have been the victims of the same diabolical instruments. It is further affirmed that a man hit with even a small piece of such a bomb cannot live, however slight the wound may be, as acute blood poisoning immediately sets in.

But it is not only bombs that are poisoned. Letters are now treated in the same way. A certain Moscow official was at his club when a messenger brought a letter to his flat. His wife, who was inclined to jealousy, seeing the envelope was addressed in a woman's hand, opened it. She had scarcely begun to read it when she fell down in a faint, dying some four hours afterwards. It was found that the notepaper contained some subtle poison, which, according to the letter, was meant for the official. Public men now warn their wives to beware of inquisitiveness, lest the same fate overtake them which befell the woman at Moscow.

Quiet people, of whom there are still a few left in St. Petersburg, are asking themselves whether they live in the twentieth century, or in some hideous nightmare, where poisoned bullets, letters and bombs play the chief part, and count their victims by the thousands.

TELEPHONE IN POCKET.

A pocket telephone for police purposes is the most novel thing in telephony. It is said to be in daily use in Vienna, where every policeman on duty is provided with the necessary appliance. In every street of importance are special call boxes, and a man to communicate with his station has only to pull out his pocket apparatus and adjust it to the wire in the box.

LUCK IN DETECTIVE WORK

EASY TO MAKE A MISTAKE IN TRACKING A CRIMINAL.

How a Fleeing Cashier Was Found—Discovery of a Gang of Counterfeiters.

All professional criminals and most police officers and detectives are superstitious. They believe in luck. It is luck if the criminal gets away, and it is luck if he gets caught. Fortunately for society, the luck usually is against the criminal and on the side of the law.

One detective on the central staff was looking for a pickpocket recently, says the Chicago Tribune, and was in a fever of impatience to get hold of the man that afternoon because it was feared he would leave town. The pickpocket could not be found at any of his usual haunts. He was known to be a baseball fan, and the detective, who was the only man on the force that knew the offender by sight, decided at once that he was attending the game. It happened, however, that there was a game that afternoon at both the ball parks. It was a question of South Side or West Side, and the detective flipped a coin to see where he should go. The coin sent the officer west, and his luck was with him. The pickpocket was located in the grand stand and followed and taken into custody

AS SOON AS THE GAME WAS OVER.

It is astonishingly easy to make a mistake in tracking down a criminal, and it is no disparagement to the police that a blunder, sometimes on the part of the offender and sometimes on the part of the officer, often carries the hunter straight to his quarry. A recent instance of this kind seems almost providential. The cashier of a grain company on La Salle Street had been plunging on his own account and was behind in his cash to the tune of several thousand dollars. His employers complained to the bonding company, which stood responsible, and at the same time the cashier got wind of the exposure and bought a ticket for his home town in Wisconsin, and left on the afternoon train. A detective was after him within two hours.

But the detective, to while away the time on the train, engaged in a game of whist with a party of drummers, and before he realized it was carried two towns past the station where he was supposed to change cars. Cursing his luck, the sleuth left the train and found by inquiries that he could not get back to the junction point for two hours.

He wandered around the village streets and ran almost into the arms of the fugitive, who, by a cute trick, was waiting there for a train to take him westward. It is such things as this that cause detectives to

BELIEVE IN LUCK.

Some time ago an odd piece of luck enabled the city police to tip off a den of counterfeiters to the Government detectives. In a raid on a poker joint a young man who was known to the police was captured with the other players, and at the station it was decided to search him, just for luck. Several new half dollars were discovered in his pockets, and these were found to be counterfeits of the cleverest kind, being of good weight and ringing almost true.

The man was detained and his room on Illinois Street was searched. A quart or more of the coins were found in the bottom of his trunk, but no dies or melting pots were discovered. It was clear that the poker player was "shoving the queer" for a den of coiners. Nothing was said about his arrest, but a Government detective rented the room across the hall and shadowed every one who called to see the man while he was lying in the station.

That night the plant of the counterfeiters was discovered in a basement near the north branch of the river, and the entire gang is serving time.

A notorious French murderer was discovered by a lucky accident in a cafe at Havre. A detective who was dining there happened to overhear a young man making inquiry of the cafe keeper as to the formalities necessary to secure passage for America. On being told that first of all his papers must be in order, he admitted that he had none. The detective took him in custody on the chance that he might be a criminal. When he was searched documents were found connecting him with the Pantin murder,

A BLOODY MYSTERY,

which at that time was creating an immense sensation all over France. It eventually transpired that this youth—he was but 19 years old—had in the most cold-blooded manner murdered a family of eight people in order to secure their little hoard of money. The police had not a single clew until the accidental discovery of the fact that this young man had no passports.

It was luck—and bad luck for him—that caused a west side woman to write a message to her criminal lover with a hard pencil on a soft pad of paper. The police had been watching her for a week in a vain effort to discover his hiding place. They knew she was writing to him, but they never could intercept the missives. Then one day a detective found the pad on which she had just written. The sharp pointed hard pencil had left the address indented on the sheet below.

A police officer on the northwest side discovered the body of a murdered girl some years ago, because he was lucky enough to have a dog that insisted upon following him. The girl disappeared and the whole country had been searched for her, and not the slightest trace had been discovered. The grieving mother insisted that the young woman had been murdered. The police thought that she had run away. The officer who found the body was walking across the prairie, followed by his fox terrier, that refused to be left at home. The dog, finding the body of the unfortunate girl half buried beneath weeds and rubbish, barked so loudly that his master followed him to the spot.

MOSLEM TABLE MANNERS.

Examples Which We Might All Follow at the Table.

The rules set down by old Moslem precepts as to how to behave religiously and appropriately at meals are interesting, though whether they are devoutly complied with in times of festival is doubtful, says London Lancet. Here are some examples:—Wash your hands and mouth before eating. When eating never put one leg upon the other, nor put your elbows upon the table, as this hinders good digestion. Never be a slave of your repast, and never touch any meal if you are not hungry. Be ever content with what you find before you, and never give yourself great pains in preparing choice dishes. Be always, if possible, at the table in company with friends, as the prophet never partook of his meals alone. Always begin and end your meal with thanksgiving to Allah. Always eat with your right hand and swallow, before and after food, a little salt. It shows good upbringing and is pleasing to Allah ever to put into the mouth only small morsels and never to make any observations upon the defective qualities of dishes. Never cut bread with a knife, but, as the prophet did, break it. Never wipe your fingers with bread. Avoid blowing on a hot dish, but wait until it gets cool. Eat dates, apricots, and other similar fruit one by one, remembering in eating them thus the unity of Allah. Avoid at the table drinking much water. Your meal finished, use attentively the toothpick gather up the crumbs, and wash again your hands and mouth. Lastly, render thanks to Allah.

DO BONES MAKE WEIGHT.

We often hear it said that it is bone which makes weight. How very mistaken this notion is may be seen from the table of the actual weights of the various constituents of the body. In every hundred pounds' weight of a full-grown man we have the following figures:—

	lb.	oz
Muscles	41	13
Fat	18	3
Bones	15	14
Stomach, liver, heart, lungs, and other viscera	8	13
Skin	6	15
Circulating blood, etc.	6	8
Brain	1	14
	100	0

Rapid changes of temperature are hard on the toughest constitution.

The conductor passing from the heated inside of a trolley car to the icy temperature of the platform—the canvasser spending an hour or so in a heated building and then walking against a biting wind—know the difficulty of avoiding cold.

***Scott's Emulsion* strengthens the body so that it can better withstand the danger of cold from changes of temperature.**

It will help you to avoid taking cold.

ALL DRUGGISTS: 50c. AND $1.00.