About the House

SOUTHERN SOUPS.

Puree of Split Peas.—Crack the bones of a chicken, cover with water, and simmer quietly for four hours. At the first boil and skim, and at the end of the third hour add a teaspoonful of salt, a quarter of an onion, with two cloves stuck in it, half a teaspoonful of celery seed or a sprig of dried celery top, a quarter of a sliced carrot and turnip, half a bay leaf, and a quarter of a teaspoonful of whole pepper corns. At the end of the fourth hour strain the stock. When cold remove the fat from the surface. Cover one teacupful of split peas with cold water, and soak over night. In the morning wash them through several waters. Then cover with a pint of water and simmer for two hours. Press through the sieve, then add another cupful of the stock and press them through a puree sieve. Add another cupful of stock and return to the fire. Rub together half a tablespoonful of flour and one tablespoonful of butter; stir into the puree until perfectly smooth. Now add half a teaspoonful of salt, a quarter of a teaspoonful of pepper, and a teaspoonful of grated onion. Boil gently for five minutes, stirring all the time. Serve in a tureen with croutons.

Southern Gumbo—Put a tablespoonful of lard in a porcelain lined boiler; slice an onion and fry it in the lard. When the onion is a nice brown add one quart of sliced okra and fry until the okra will not rope from the spoon. Stir constantly. Pour half a gallon of hot water in the boiler and let it boil down to a quart. Scald three large tomatoes, peel them, cut into small pieces and put in the soup. Next sprinkle with salt, pepper, and flour the wings, back, feet, and neck of a chicken and fry them a light brown. Lift them from the frying pan with a fork, and put them into the gumbo half an hour before serving.

Tomato Soup—One pint of stewed tomatoes, one pint of water, one slice of onion, and one bay leaf. Rub together one tablespoonful of butter and two of flour, add to mixture; cook five minutes; strain and serve with squares of toasted bread.

Brown Broth—Put two tablespoonfuls of butter in a frying pan, add two tablespoons of chopped onions, two of chopped carrots, and cook until a golden brown. Put these in a kettle with a quart of boiling water and a bay leaf, and simmer for fifteen minutes; press through a sieve. While the soup is simmering put about a tablespoonful of sugar in an iron saucepan, and when it browns and burns add two tablespoonfuls of chopped onions, then two or three tablespoonfuls of water; add this to the soup; add a teaspoonful of salt and a saltspoonful of pepper. Strain the soup, return it to the kettle, add half a pint of blocks of bread that have been stirred up with beaten egg; bring to a boil and serve with grated cheese.

TO SERVE ORANGES.

For breakfast, cut the peel so as to leave an inch-wide band about the centre, then cut and turn inside out so as to leave the sections out; fasten together in a circle with a tiny skewer.

Another way is to cut the peel from the blossom end toward the stem into petals, then peel down, tucking points in; force sections of fruit open that they may be easily removed.

Orange Omelet—Beat four yolks of eggs, with four teaspoonfuls of fine sugar. Add a pinch of salt to the whites and beat until dry and firm. Pour the yolks over the whites, adding the grated rind of one orange and three tablespoons of juice. Mix lightly. Cook in hot butter until firm; spread with orange pulp, fold, garnish with sections and serve.

Orange Bavaroise—Dissolve one-fourth of a package of gelatin in one-third of a cupful of cold water; then heat. Strain into a cupful of orange juice and pulp, and add the juice of half a lemon and three-fourths of a cupful of sugar. Set on ice; when congealing, stir in a pint of whipped cream; turn into a mold lined with blood oranges, and garnish with candied peel.

Orange Ice Cream—Take one quart of cream, half a cupful of sugar, the juice of two oranges, the grated rind of one, and the beaten yolks of four eggs; scald and cool and freeze to mush. Then fill orange shells, refill the caps, and pack in ice for two hours.

Mousseline Orange—Mix four tablespoonfuls of sugar, the juice of two oranges, four level tablespoonfuls of butter, and the beaten yolks of six eggs. Set in boiling water and stir until blended, cool. Then add the stiffly beaten whites, pour into buttered mold, and steam for an hour and a half. Sprinkle with stale macaroon crumbs, and garnish with orange sections.

Orange Glace—Make orange jelly and when congealing coat the molds thickly with it, then insert a spoonful of orange marmalade, and on this a white blanc mange, to which has been added while warm the beaten whites of eggs. Set on ice. Serve with boiled custard or sweetened cream.

HINTS FOR THE HOME.

Dirty ovens spoil custards and milk puddings, therefore all ovens should be washed out with hot soda water at least once a week.

For a Nervous Headache—Take a cup of moderately strong tea in which two or three slices of lemon have been infused. No milk should be used.

When boiling eggs add a tablespoon of salt to the water. Should any of them burst, they will not boil out of the shell.

Food articles that are damp should never be left in ordinary paper. Papar is made of wood pulp, rags, glue, lime, and similar substances intermixed with acids and chemicals. When damp, it should not be allowed to come in contact with things that are to be eaten.

Coarse brown sugar is an article of constant use in a kitchen. A saltspoonful to a pound of meat assists tenderness in the case of such parts of beef as are commonly used for puddings, stews, etc. But the result is better still if a modicum of grated apple be used.

Trouble with coal oil can be avoided in winter by keeping the oil where it will not be too cold. Chilled oil will smell disagreeable when burning. If the oil tank is in a very cold place, keep a small can of oil in a room where there is heat.

Baked Potatoes—If not required to be eaten directly they are served, should be broken (not cut in half) and kept in a warm place. By this means the steam can escape and the inside of the potato becomes light and floury instead of waxy and sodden, which invariably happens if the potato is put away whole to be warmed again later.

When Brushing Felt Carpet—If tea leaves squeezed dry and scattered on the floor when you sweep do not answer your purpose, dry some common salt thoroughly in the oven and scatter it over the carpet before sweeping. Care must be taken to crush the salt up entirely, or the felt will get stained with damp.

German Mustard—This will keep for a year. Eight tablespoonfuls of mustard, four tablespoonfuls each of salt and white sugar, a saltspoonful of cayenne, four tablespoonsful of melted butter, the juice of a large onion squeezed through a lemon squeezer, and mix with vinegar. You will find this quite easy to make.

To Clean a Sewing Machine—Place it near the fire to get warm, that the congealed oil about it may melt, and then oil it thoroughly with paraffin. Work the machine for a few minutes (without cotton in it) and as the dirty oil oozes out wipe it off. Apply a little more paraffin and remove it after working. Then oil with the lubricating oil you generally use, and the machine will work easily, amply rewarding you for the time spent on it.

On Dandruff—This troublesome affection of the scalp is often attended with considerable irritation and is common to people of all ages. The main treatment is to keep the head clean by washing it at least once a week with tepid water and the yolk of an egg, without using any soap. Have a wash prepared of half a pint of rose water and thirty grains of borax; keep this tightly corked. Apply a little of the wash with the fingers and rub into the scalp four or five times a week.

The Way to Fry Liver Nicely— Cut it into slices one-third of an inch thick, put these into a pan, and pour boiling water over; they should stand in water for a few minutes, then dry in a cloth, dredge with flour, season nicely with pepper and salt, and fry brown on both sides (using butter instead of dripping if you can afford it). Parboil and chop fine some onions. When the liver is partly done, put the onion over it, and let it cook till brown. When done place on a hot dish, make some good thick gravy and pour over all.

Girlhood and *Scott's Emulsion* are linked together.

The girl who takes *Scott's Emulsion* has plenty of rich, red blood; she is plump, active and energetic.

The reason is that at a period when a girl's digestion is weak, *Scott's Emulsion* provides her with powerful nourishment in easily digested form.

It is a food that builds and keeps up a girl's strength.

ALL DRUGGISTS; 50c. AND $1.00.

THE LATE DR. LAPPONI.

Death Has Removed a Distinguished Physician and a Man of Rare Courage.

In the death of Dr. Lapponi, physician to the Pope, a personage has been removed from life's scene who was scarcely less known throughout the world than the pontiffs whom he ministered unto. He was a wonderful man as well as a distinguished physician.—Ottawa Free Press.

It may be added that Dr. Lapponi was a man of rare courage. He had no fear of that bugbear known as professional etiquette. When he found something good in a medicine he did not hesitate to say so to the world. He proved this when he wrote the Dr. Williams' Medicine Co. strongly endorsing their celebrated Pink Pills for Pale People as a cure for anæmia (bloodlessness) and certain nervous disorders. In the interests of the thousands who suffer from anæmia, nervous disorders and kindred troubles, it is worth while republishing Dr. Lapponi's letter, as follows:

"I certify that I have tried Dr. Williams' Pink Pills in four cases of the simple anæmia of development. After a few weeks of treatment, the result came fully up to my expectations. For that reason I shall not fail in the future to extend the use of this laudable preparation, not only in the treatment of other morbid forms of the category of anæmia or chlorosis, but also in cases of neurasthenia and the like.

(Signed), Dr. Giuseppe Lapponi,
Via dei Gracchi 332, Rome."

The "simple anæmia of development" referred to by Dr. Lapponi is of course that tired, languid condition of young girls whose development to womanhood is tardy, and whose health, at the period of that development, is so often imperilled. His opinion of the value of Dr. Williams' Pink Pills at that time is of the highest scientific authority, and it confirms the many published cases in which anæmia and other diseases of the blood as well as nervous diseases have been cured by these pills, which, it need hardly be mentioned, owe their efficacy to their power of making new blood, and thus acting directly on the digestive and nervous system. In all cases of anæmia, decline, indigestion, and troubles due to bad blood, and all affections of the nerves as St. Vitus' dance, paralysis and locomotor ataxia, they are commended to the public with all the greater confidence because they had the strong endorsement of the great physician who has so recently passed away.

300 MILLIONS OF CHINESE.

Yellow Empire Has About One-fifth of Globe's Population.

The interesting question of the population of the Chinese Empire has often been discussed, but it is still impossible to say with any degree of certainty what the figures are.

At the beginning of the Christian era it is tolerably certain that there were at least 80,000,000 inhabitants, and it must be remembered that the empire then was much smaller than it is at the present time.

Most of the census taken in China during the last 2,000 years, says the North China Daily News, have not professed to take in the whole population. Young children omitted, the main object of the census being to ascertain the number of taxable persons.

By common consent the most reliable census ever taken in China was that of 1812. This gives the figures as more than 362,000,000. In 1868 the population was estimated at nearly 408,000,000; but in 1881 it had fallen to 380,000,000, the great T'aip'ing Rebellion, in which so many millions of people lost their lives, being one of the principal causes undoubtedly for this great decline.

Travellers, missionaries and others, who have visited the region devastated at the time of the Taiping Rebellion, express the opinion that the loss of life during that great convulsion has generally been estimated at too low a figure, and it is a question also whether the terrible famine more than a score of years ago in the provinces of Chili, Shansi, Shensi and Honan, with a population of 70,000,000, is not responsible for the loss of more lives than it is usually credited with.

It is still more certain that the Mohammedan uprising in the northwest destroyed more lives than it is generally supposed to have done. A very moderate computation of the loss of life incurred in these three calamaties makes it to be fully 60,000,000. And in this connection it would be well, perhaps, to remind ourselves that the habitual use of opium by such a large number of the people has tended to act injuriously on the recuperative power of the nation.

NONE OF THAT FOR HIM.

"Right here," said the architect, who was showing him the plans for an ornamental fountain, "would be a good place to put on a gargoyle as a finish."

"That would do for the inside wood work of a house, all right," said Mr. Gaswell, with decision, "but for an out of door finish I prefer paint."

LIFE OF PERSIA'S RULER

EASY, INFORMAL HABITS AMID ORIENTAL SPLENDORS.

Goes to Council in Flapping Slippers and Eats With His Fingers From Dishes.

The life of the Shah of Persia, Muzaffer-ed-Din, is a queer jumble of contrasts between European and Oriental ways. In the midst of splendors that defy description, he passed his days, while his health lasted, in an easy, comfortable and wholly informal style.

Among the adorments of his palace is the famous peacock throne of Persia. It is fashioned with jewels after the showy tail of the bird and it has been appraised at from $10,000,000 to $12,000,000.

There is, besides, the terrestrial blobe which his father had constructed of pure gold with 51,000 precious stones used to indicate the conformations of land and sea. The oceans and seas are of emeralds, Persia is marked with turquoises, India with amethysts, Africa with rubies, England and France with diamonds.

But Muzaffer shows no interest in these things. He rises early, performs his devotions and breakfasts on a little loaf of bread and a cup of sweetened tea.

He receives his Ministers at 8 a.m., and devotes the succeeding six hours to business of state. Letters are read to him and he dictates despatches. He holds private consultations and official receptions and attends meetings of his council.

For all these occasions he is absolutely indifferent to his appearance.

HE WEARS A LOOSE JACKET,

keeps his trousers turned up and paddles around in a pair of heelless slippers, which go flap-flapping on the marble floor as he walks up and down the council-room. So careless is he in such matters that the story is told that his first wife procured a divorce from him because he was less scrupulous in his ablutions than became a good Mussulman.

At 2 o'clock, when in health, he takes his luncheon. The preparation of all his food is most strictly supervised, since he has many bitter enemies and is not specially loved by any of his officials or attendants—a result, say those who know the Persians best, of his easy disposition, which has always caused him to treat his subjects with far less severity than they were accustomed to.

The imperial kitchen is under control of a prince of the blood, who is answerable for it with his head that no accidents happen. Every dish is sealed before it leaves the kitchen and the seals are broken only under the Shah's own eyes.

In accordance with court etiquette, the Shah eats alone. Formerly Muzaffer, after the manner of his forebears, crouched on a carpet and ate from a great platter set in front of him on the floor. Later, he made a step toward European customs. He now sits cross-legged on a divan, and a table about a foot high is placed in front of him. He began with tablecloths and napkins of printed muslin. Now he uses white ones.

From fifty to sixty dishes are prepared daily for the meal, but the Shah partakes of only two or three. His favorite viands are rice cooked in fat, fricasseed chicken and broiled mutton cutlets.

As dessert he enjoys a lemon preserved in syrup, a favorite Persian delicacy. Knives and forks are inadmissible in the Persian court and the Shah eats everything with his fingers—

GREASY RICE, CUTLETS, FRUIT.

While eating he reads the most important articles in the European papers, especially the French ones.

He is much impressed with European culture. He tries to mould his policy along European lines. When he is puzzled by a question of state, it is usual for him to ask, "Now what would the King of England do in such a case?"

After luncheon the Shah sleeps an hour. Then he amuses himself for the remainder of the day. He delights in sending messages over a miniature telegraph apparatus, he plays backgammon with his Ministers and he digs in his garden and takes care of his favorite flowers. But his greatest delight is photography. He takes excellent pictures himself and likes to show to visitors the albums which he fills with his own work. He has also a mania for being photographed, and for this purpose he will take the trouble to array himself in all sorts of costumes. Among others he has been photographed in the uniform of a Prussian soldier and in the robes of an English Bishop.

He is a much more moderate man than his father in his personal life. Nasr-ed-Din used to drink a bottle of port wine every night before he retired. The present Shah never tastes wine. His harem consists of only sixty ladies, and he has four sons and twenty-three daughters. When his father died there were 1,720 women in the seraglio.

A lawyer at a circuit town in Ireland dropped a ten-pound note under the table while playing cards at an inn. He did not discover his loss until he was going to bed, but then returned immediately. On reaching the room he was met by the waiter, who said:—"I know what you want, sir; you have lost something?" "Yes, I have lost a ten-pound note." "Well, sir, I have found it, and here it is." "Thanks, my good lad; here's a sovereign for you." "No, sir, I want no reward for being honest; but," looking at him with a knowing grin, "wasn't it a good job that none of the gentlemen found it?"

A FRIEND IN NEED

When you have a cough, cold, sore throat, croup, whooping cough, bronchitis, asthma or lung troubles you naturally think of

COLTSFOOTE

EXPECTORANT.

the safe and neverfailing remedy for all these ills. Perfectly harmless for the weakest stomach or most delicate child. Children love it. Adults enjoy it. It always cures. It is Dr. Slocum's wonderful cough and throat remedy. It has never been equalled for quick, positive and satisfactory results. No household should be without it.

"I have used your Coltsfoote Expectorant and find it satisfactory in cases of croup, colds or coughs. I have used it ever since I got a trial bottle, and have recommended it to everyone in need of it. You may use my name and address for testimonial if you wish. Hoping it will benefit others as it has done my children, I remain,

MRS. AGNES COMBER,
1069 Frances St. London, Ont.

Every mother, every father who values the health and well-being of their children will always have Coltsfoote in the home as an ever-ready physician and friend. All up-to-date dealers, for 25c, will supply you with

COLTSFOOTE

EXPECTORANT.

LAKE WINNIPEG FISH.

How the White Fish Are Caught, Cured and Brought to Market.

Lake Winnipeg is a much larger body of water than is generally supposed, being 265 miles in length, and from 7 to 80 miles in width. Roughly speaking, it is about the size of the Province of Nova Scotia without Cape Breton, or slightly smaller than Scotland. It is the third largest lake in Canada.

There are many beautiful islands in the lake, in many cases with sandy beaches. These in time will be taken advantage of for summer residences.

Although the land in the vicinity is broken by rocks, muskegs and swamps, the lake will no doubt become a great highway of commerce, possibly connecting the Old World with the New by means of the Nelson or Churchill Rivers and Hudson Bay.

Fishing on the lake has been carried on extensively for about twenty years. The variety of fish most abundant, and most sought after, is the whitefish. The whitefish caught here is probably the finest in the world. There are a considerable number of other varieties, as pickerel, jackfish and sturgeon.

Of late years, although the Government has maintained two fish hatcheries, the one at West Selkirk and the other at Berens River, the quantity of fish has materially decreased, and the question of curtailing the output, or increasing the hatcheries and protecting the spawn, must ere long force itself upon the attention of the Government.

The process of preparing the fish for market is a very interesting one. Usually a tug takes the boats out at break of day, when the fisherman, excepting the steersman of each boat, snatch an hour or two of sleep to supplement their ordinarily broken rest.

Three men work in each boat, one to manage the boat, and two to lift the nets and remove the fish. As soon as a boat returns with its quota the fish are thrown on a dressing table with a hole in the centre, beneath which is a box about the size of a small barrel. Four men work at each table, two at each side; one opens the fish and takes out the gills and fins, the other cleans the fish with a butcher knife. The fish are then thrown into bins holding about 1,500 lbs., and mixed with pounded ice in order to cool them before packing. After cooling for about an hour, they are placed in boxes holding 150 lbs., packed with chopped ice and shipped in a large refrigerator in boats to Selkirk. Here the boxes are opened, and fresh ice is put in the boxes. They are then loaded in refrigerator cars and shipped to various markets of the world.

When the catch is large, and there are too many for the orders, they are put in big bins and thoroughly washed, then put one layer deep in tin boxes, then packed in large bins between thick layers of salt and ice. They are left there a couple of days until frozen solid, they are then taken out of the tins in a solid cake the size of a tin. The whole cake is again dipped in water in order to give it a fresh coating of ice. They are then packed in boxes holding about 150 lbs., and shipped in refrigerator boats at a temperature of about 10 degrees below zero.—The Presbyterian.

THE CARE OF A BABY.

A baby that does not eat well and sleep well, that is not cheerful and playful needs attention, or the result may be serious. Stomach and bowel troubles make children cross and sleepless, but a dose of Baby's Own Tablets soon cures the trouble, the child sleeps soundly and naturally and wakes up bright and smiling. Mrs. J. E. Harley, Worthington, Ont., says: "My little one has had no medicine but Baby's Own Tablets since she was two months old and they have kept her the picture of good health." You can get Baby's Own Tablets from any druggist or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.