About the House

HOUSEWIVES AND ECONOMY.

As the new year dawns upon the thrifty housewife, she resolves to keep a tighter rein upon her purse strings, a closer watch on the many inevitable drains upon the family income. She has, no doubt, summed up last year's accounts and marvelled at their proportions. She instinctively realizes that between all the activities of life and all forms of expenditure, a proportionate outlay in various lines must be intelligently preserved so that the money spent for house, table, dress and entertainment represents their true financial condition and standing as a family. A meagre table for the sake of extravagant clothes is a sacrifice unworthy of her good sense and sound judgment. Her charity fund can not be poured into the coffers of elaborate entertainment. She does not desire her household to present to the world an unstable veneered facade. The adjustment of expenses in relation to comfortable proportions both socially and economically is a question of vital import to her whole household and name. Now, in the beginning of the new year she therefore opens up a fresh and clean record sheet with a firm determination to do a good deal of finessing and get the best and most out of her year's outlay. As she ponders the subject her thoughts turn first to the question of food supplies.

It has been estimated in a recent book on applied chemistry that at least ten per cent. of the income of most families is wasted in high-priced foods which contain very little nutrition—this squandering occurring as frequently where the income is small as where large ones are expended. Some of the most expensive food materials contain the least nourishment. Especially does the good housewife learn this in her experience in marketing. Take for instance the different cuts of meat from which she makes her selection—the so-called choice cuts, the porterhouse and sirloin steaks, and the rib and loin chops are easily cooked and very palatable, and yet, if properly prepared with a little more care, there are many good pieces of meat that contain less waste and more nutritive value and may be purchased for one-half the price paid for the steaks and chops. The woman who is willing to spend the time and pains in preparing these meats for her table will find them quite as relishing as any in the market. It must be admitted that they are not so easy, and it is a great temptation to spend the extra money and serve a nice little meal with very small effort. Many families dine exclusively upon these choice and simple though expensive, cuts of meat.

However, as an example: A nice breast of lamb, which costs from 8 to 12 cents a pound, stewed slowly, then set aside to cool until the crust of fat rises, may be served after removing the fat and making a cream gravy, to the most fastidious. A shoulder of lamb, carefully roasted after the bone is removed and a good dressing inserted is quite equal to a leg of lamb and some deem it even sweeter meat. The leg of lamb will cost about three times as much money. A good pot roast of beef cooked and simmered in the proper manner—not boiled, with a brown gravy may be made just as tempting as any prime roast. It all depends upon the cooking—remember. It requires skill and care to develop its finer flavor and worth. One might take into consideration all the different meats in the market, and find equally palatable and nourishing cuts for less than half the money expended for those most commonly used. Then, too, there is another leak in household expenses which is occasioned by an untimely selection of food. Much unnecessary expense is created by buying food out of season. By selecting foods in season when the supply is plentiful, reasonable prices may be expected and obtained. This applies more especially, to vegetables which may be bought in season and varied accordingly. Fruits and nuts also come under this rule.

A great amount of food is rendered unfit for the table or stomach by using badly constructed or much worn cooking appliances. It is always good economy to have clean, fresh cooking utensils at hand. Painstaking along this line will improve conditions that are to be deplored in many kitchens where cooks are blamed for poor results. The real nutritive value of food is a subject that demands study and every housewife and manager of affairs of this kind must understand it to be able to successfully supply the family larder. The main endeavor should be to obtain quality and naturally quantity will regulate itself—one soon learns that.

Another thing that makes a vast difference in the purchasing of foods is the presence of the buyer in the market and store, selecting for herself what she deems best. The thrifty, careful woman does her own marketing and does not trust to ordering from her grocer, 'sight unseen,' as the boys say. Many a dollar is saved by this personal insight and attention. See what you buy and know what it costs at the time of purchase—then you have the opportunity to select the best, freshest, most seasonable, and all things considered, the cheapest in the market. The question of food is the most vital point at issue. There is no doubt that food makes or mars whole families, yes, generations of people, physically, mentally and morally, and all this responsibility lays at the door of the housewife, since she, as a rule, regulates the expenditure of the family, manages the income, or the bulk of it, in her own way. Good, palatable food of excellent nutritive value may be chosen even in this day of high prices, and expensive living may be greatly reduced by careful selection and close attention on the part of the housekeeper.

MADE WITH BUTTERMILK.

White Cake—Fine white sugar three cups butter one cup, buttermilk one cup, whites of ten eggs, baking powder three teaspoons, lemon to taste, flour four cups. Beat whites of eggs to a stiff froth, cream the sugar, butter, etc., and mix in the whites last.

Tea Cake—One cup sugar, one tablespoon butter, one egg, one cup buttermilk, one-half teaspoon soda, flour to make a fairly stiff batter. This cake is good cold or warm.

Graham Gems—Take two cups buttermilk, one-half cup sugar, one-half teaspoon soda, graham flour enough to stir thick. Bake in iron gem pans in a hot oven.

Gingerbread—Take one cup sugar, one cup molasses, one cup sour cream, one cup buttermilk, one tablespoon each of soda, salt and ginger, and flour to mix moderately stiff.

Breakfast Cake—To one cup sugar add one egg, one tablespoon butter or lard, one cup buttermilk, one-half teaspoon each soda and salt, two cups flour and cinnamon or nutmeg to taste. This is to be eaten warm.

Doughnuts—Stir together thoroughly two cups sugar and one egg. Add one teaspoon salt, one teaspoon cinnamon, one-half teaspoon nutmeg, one-quarter teaspoon ginger, two cups buttermilk, one-quarter cup sour cream, one teaspoon soda and flour to mix stiff. All doughnuts are lighter if allowed to stand a while before frying.

Corn Bread—Take one quart buttermilk, four cups cornmeal and two cups wheat flour. Dissolve one tablespoon soda in the milk, add one tablespoon salt, two tablespoons sugar or molasses. This makes a delicious cornbread.

Buttermilk Pie—Beat together one heaping cup of sugar and four eggs, add one-half cup butter and beat thoroughly; add one and one-half pints fresh country buttermilk. Line the pie tins with pastry, slice an apple thin and lay in each pie and fill the crust with the mixture; bake with no upper crust.

WHERE THE HEART FINDS REST.

There is probably no other subject in the world about which there has been so much sentiment as home. There is no fancy so dull which does not picture a place where the weary heart may find peace, and where love binds up the wounds the world has dealt.

It is the ideal home of which every man dreams, and in which every true woman hopes to reign some day as queen. A house may be beautiful within and without; yet, if consideration and forbearance and love and patience do not furnish it, it is as lacking in the essential attributes of a true home as the bare stones in the street.

It is a pathetic fact that we give our best to strangers and keep for our nearest and dearest only what is left of our brightness and amiability.

CULTIVATE THESE QUALITIES

An unaffected, low, distinct, silver-toned voice.

The art of pleasing those around you, and seeming pleased with them and what they may do for you.

The charm of making little sacrifices quite naturally, as if of no account to yourself.

The habit of making allowances for the opinions, feelings, or prejudices of others.

A good memory for faces and facts connected with them, thus avoiding giving offence through not recognizing or bowing to people, or saying to them what had better be left unsaid.

The art of listening without impatience to prosy talkers, and of smiling at the twice-told tale or incident.

RHEUMATIC AGONY.

Nothing Reached the Root of the Trouble Until Dr. Williams' Pink Pills Were Used.

"I suffered almost untold agony from rheumatism. For several weary months I was confined to bed. I had the best of medical treatment, but nothing seemed to reach the root of the disease until I used Dr. Williams' Pink Pills. These have completely restored my health." This strong emphatic statement is made by Mrs. Edna Morrill, of Woodstock, N. S., a lady who had practically been given up as incurable by doctors. She further says: "I suffered for over two years and rheumatism seemed to be firmly implanted in my system. At the outset I was able to attend to my household duties, but at night I suffered the greatest pain. I at once began to take medicine, but my condition actually grew worse. I was attended by a skilful doctor, but was ultimately forced to remain in bed, suffering untold agony with every movement. Finally the doctors told me the trouble was incurable. One day I was advised to try Dr. Williams' Pink Pills and I decided to do so. Presently the pains were not so severe, and I began to feel myself gaining. Shortly after I was able to go about, and in less than three months I was perfectly well. For this condition my thanks are gratefully due to Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills cured Mrs. Morrill by driving the rheumatic poison out of her blood. They actually make new blood. They don't act on the bowels. They don't bother with mere symptoms. They go right to the root of the trouble in the blood. That is why they have cured the worst cases of anaemia (bloodlessness) headaches and backaches, kidney trouble, indigestion, neuralgia, nervousness and the special ailments of girls and women whose blood supply becomes weak, scanty or irregular. Sold by all medicine dealers or by mail at 50c a box or six boxes for $2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

CHINA NEEDS THE FOREIGNER.

Left to Herself She Did Not Exploit Her Own Resources.

It has been asserted that China is so rich in natural resources that she could supply all needs without going beyond her own boundaries. Her resources undoubtedly are vast, if she only knew how to exploit them.

Yet, according to the British Consul at Foochow, writing in the Review of the Far East, China produced very few articles capable of adding much to the country's wealth until foreigners came to take a hand. Those she did produce were practically only two—tea and silk.

Here, too, the undesired alien could not be entirely eliminated. It was the circumstance that the alien was ready to barter his silver for tea and silk which gave these products their value as wealth producers. Moreover, China is not at the present day, as she was in the past, the only country where tea is procurable; silk also is to be had elsewhere.

Young China may say with a swagger that he will produce tea for his own drinking and silk for his own wearing and be content to forgo the stranger's silver. But how is he then to pay for the hundred and one articles which he has learned to consider essential? For Western education has brought with it Western tastes.

He cannot even make for himself out of Chinese tobacco the cigarettes he loves to smoke. In the year of trouble, 1900, a Foochow official who had gone to Pekin to have audience of the Emperor, and who on May 13 narrowly escaped from the Boxers, told me that one of his great hardships was that the Boxer bands outside the capital through whom he had to make his way searched his person closely and made him discard anything of European make, which things included handkerchiefs, buttons and the like. He added plaintively:

"They would not let me keep my packets of cigarettes."

In cigarettes we have one of the few articles which China can manufacture without going abroad for the wherewithal. She has tobacco; it is not very tasty. She has also rice paper, she has even a cigarette of her own, which she calls "Makuyin," and which superficially resembles the Egyptian or Virginian cigarette.

Still the "Makuyin" is only a cigarette "of sorts," and is no more the genuine article than margarine is butter. So it is with many other imports from Europe, simple things which have become necessaries. In many cases China has the raw material, which, with her imitative faculty, she can manufacture into something which really bears an astonishing likeness to the European import, only it is not so cheap, not so finished, not so durable, and altogether not so satisfactory.

GIT TO WORK.

When the sperit gits to dreamin'
Of the things which might hev bin,
An' a noshun seems to haunt you
Thet you're simmered down in sin,
When the heart gets kind o' heavy,
And the heels begin to shirk,
Why, you'll pull out hale an' hearty,
Ef you just gets down to work.

When the grocer's bill confronts you
An' a snowdrift's at the door,
Ef you stay inside communin'
With eh nailhead in the floor,
You will find the world is empty
An' your troubles gittin' wus,
For your sin 'll keep a-growin'
An' it's bound to make a fuss.

But the minit you git busy
You'll begin to laugh an, say,
There's a heap o' good religun
In a-doin' things to-day.
So you'd better grease your cowhides
'Fore the skies begin to murk,
An' you never'll know it's cloudy
Ef you'll git right down to work.

CURIOSITIES IN COMPLIMENTS.

Some Odd Presents That Have Been Given to Rulers.

A very pretty compliment was paid by his fellow townsmen to President Fallieres of France upon the occasion of his recent visit to his birthplace, the little town of Mezin. To widen the street the house in which the President was born had been pulled down some years ago. What was to be done? The people of Mezin put their heads together and when their distinguished fellow-citizen arrived, imagine his delight at finding an exact reproduction of his old home in papier mache! All was perfect, down to the very furniture, part of which had been collected from the country around and part reproduced in facsimile. The President thanked his friends in a voice broken with emotion, and tears actually streamed down his cheeks as he finished his little speech.

The late French President, M. Loubet, was once the recipient of an interesting present. It consisted of an immense album filled with thousands of press cuttings relating to his visits to Italy and to England. The album, which is of enormous size and richly bound, contains not only cuttings, but photographs and illustrations of all kinds. It forms, indeed, a complete chronicle of his life written by many different people, and in more than a dozen different languages.

In India the native rajahs consider it the highest possible compliment to be presented with fine specimens of wild beasts, and consequently both King Edward and the Prince of Wales have been the recipients of many gifts of this description. But when, one fine day, two splendid tigers arrived unexpectedly at Sandringham, King Edward was driven to remonstrate. "I have accommodation," he said, "for horses, dogs, cows, cats, mice, and even rats, but I must draw the line at tigers."

An odd gift was received by the Crown Prince of Germany upon his coming of age. A deputation of butchers attended, bearing an enormous and magnificent steak, upon the surface of which was worked in suet their greetings to the future monarch.

The late Prince Bismarck once received from some miners in Westphalia a bust of himself carved in coal, and it is said that this odd present was always carefully preserved by him and looked upon somewhat in the light of a luck bringer.

A compliment which had serious results was paid to an actor named Hanson at a little mining town in British Columbia. The audience was so stirred by Mr. Hanson's acting that some persons began throwing presents upon the stage, like spectators at a Spanish bullfight. One burly miner, having nothing else handy, hurled a lump of gold ore. Unluckily it hit the actor on the head and knocked him down. He was badly injured and it was weeks before he was able to play again.

Perhaps the oddest idea of paying a compliment belongs to a tribe of Indians on the Alaskan coast. When a chief wishes to do honor to a distinguished visitor he invites him to a "potlatch," or feast. Then when all have eaten their fill the chief goes to the edge of the cliff and solemnly casts into the sea as many of his possessions as he thinks he can afford. This is held to be the highest form of compliment and much superior to merely giving presents to the guest.—London Tit-Bits.

Do Your Children Cough in the Night?

What mother's or father's heart has not leaped into their throat when they have been suddenly awakened in the night by that hard and prolonged, cry that smothering, choking, croupy cough that betokens the most serious results unless relieved at once? What shall I do? is the first thought, and without an effective and reliable remedy at hand the child may suffer or die before relief can be given.

SLOCUM'S COLTSFOOTE EXPECTORANT

is a quick and absolutely safe, reliable and certain cure for all forms of Cough, Cold, Sore Throat, Lagrippe, Croup, Whooping Cough, Bronchitis, Asthma and all irritated and inflamed conditions of the throat or chest. It will save every mother many a sleepless, anxious night, and the children as well as adults many an hour's suffering and illness.

"I had been suffering for over two months with an obstinate cough, as had also my little girl. We tried several remedies common to any drug store without obtaining any apparent relief, in fact we were growing worse. I got a bottle of Coltsfoote Expectorant from my druggist and inside of two days the cough was cured, and the results so permanent and rapid that we decided to keep Coltsfoote Expectorant in our home continually."

ROBERT PALEN,
C.A.R. Station, Ottawa.

No home should be without it. It is the greatest family medicine for these troubles the world has produced. Keep it on hand. It is a never-failing friend. 25c. at your dealer.

GOOD FOR OLD AND YOUNG.
PERFECTLY HARMLESS.
CHILDREN LOVE IT.

ONE MAN'S LUCK.

Bleeker—"When I do anything contrary to my wife's wishes, she doesn't speak to me for three or four days."

Meeker—"You are certainly a lucky dog."

GIRLS ENTERING WOMANHOOD

FIND BILEANS A BOON.

Mothers who have daughters just on the critical borderland over which the girl passes into the fuller life of womanhood, will find Bileans a great boon. They make rich, red blood, and strengthen and invigorate the internal organs involved in the great change. Mrs. T. Beadle, of Home Place, Toronto, says: "My daughter, Elsie (13), was feeling far from well this winter. She complained of frequent headache and was always weakly, tired, and drowsy. She seemed altogether without energy or strength. Each morning her tongue was coated and her appetite failed. She was sometimes so dizzy that on stooping she almost fell, and she was also troubled a great deal with constipation. One single box of Bileans made a world of difference in her, and so I continued to give her this remedy. Within a few weeks they built her up wonderfully and they are keeping her in the best of health."

Bileans also cure anemia, green sickness, debility, sick headache, constipation, piles, rheumatism, sciatica, and all liver and kidney ailments. They tone up the system and enable it to throw off colds, chills, etc. All druggists and stores sell Bileans at 50c. a box, or obtainable from the Bilean Co., Toronto, for price, 6 boxes sent for $2.50.

Don't neglect your cough.

Statistics show that in New York City alone over 200 people die every week from consumption.

And most of these consumptives might be living now if they had not neglected the warning cough.

You know how quickly *Scott's Emulsion* enables you to throw off a cough or cold.

ALL DRUGGISTS: 50c. AND $1.00.

Invest in Coal Stocks

More money has been made from investing in Coal Stocks at low prices than from any other class of investments.

BUY AT ONCE

British Columbia Amalgamated Coal Company Stock

AT 25 CENTS PER SHARE.

COAL - COAL - COAL

This has been the cry from the Atlantic to the Pacific and although every coal mine in Canada and the United States is shipping every pound of Coal they can produce, still the demand far exceeds the supply. Fortunes will be made during the next few years by investing in Coal Stocks at low prices.

The British Columbia Amalgamated Coal Company control over 17,000 acres of valuable Coal Lands situated in the famous Nicola Valley, British Columbia, about 180 miles from Vancouver, B. C.

We only have a limited amount that we will sell in blocks of 100 or over at the above price.

To any one who intends investing in these shares we advise you to wire us at once stating the number of shares you wish us to reserve, then remit by express order, bank draft or registered mail. Write for booklet giving full information about Nicola Coal District.

For further information write or wire us immediately.

SHARP & IRVINE, Brokers, 108 Wall Street, Spokane, Washington

We give as our reference as regards our standing Bank of Montreal, Spokane, Washington.