Ramsay's Paints

The Happy Medium

"Cheap" paint is the kind you DON'T want. "High price" paints cost more than they are worth, because you can buy better for less. **Ramsay's Paints** are the happy medium. All the goodness of the most expensive kinds—with none of the faults of the "cheap." They are mixed just right—always the same—and hold their surface and their color through zero snows and torrid suns.

Write us for Post Card Series "C," showing how some houses are painted.

A. RAMSAY & SON CO., Paint Makers since 1842, MONTREAL. 61

About the House

SOME BOHEMIAN RECIPES.

If you want cooking in which a combination of flavors blends into one delicate aroma, delighting at once the palate and the nostrils, and a dish which will please the eye as well; if you want cooking which will utilize every other otherwise unusable scrap, bringing it before you again in some unrecognizable but delicious form; in short, if you want cooking which out Frenches the French themselves in the very attributes which makes Gallic cookery celebrated, if you want all this and more, secure a Bohemian cook.

Sauer Kraut and Dumplings.—This is one of their everyday dishes fit for a king. To have it in perfection, the kraut should be made by a Bohemian "mamlinka" (mother or housewife). If you have such a neighbor, don't fail to get her, by wheedling or hire, to make your kraut. It will be a revelation. For a dish for six people use about 3 pints of kraut, washing it, if too sour, until the right degree of acidity is reached. Let it boil for several hours. A cooking box is excellent for this and saves the disagreeable odor in the house. If a box is used, give the kraut half an hour preliminary cooking. Half an hour or more before serving put two tablespoonfuls of butter or other grease, bacon fat or salt pork trylngs are better than anything else, in a saucepan, cut an onion fine, fry in the grease, being careful not to let it brown. When the onion is soft, pour in the sauer kraut and let boil until wished for the table. The kraut should be quite wet.

For the dumpling take 1 cup warm milk, ½ teaspoon salt, ½ cake compressed yeast, and flour enough to make a soft dough, which must be kneaded until perfectly smooth. Let rise in a warm place over night if wanted for a noon dinner. Set in the morning if for an evening dinner. When very light work in 1 beaten egg and 1 teaspoon melted butter. Let rise again. When light, the second time, form into small dumplings 1½ inches in diameter, using a little flour on the hands and manipulating the dough as little as possible. Let these dumplings lie on the moulding board in a warm room until half an hour before dinner. Do not put them close together, as they will swell. Meantime bring a large saucepan or two saucepans of salted water to a boil. Half an hour before dinner drop the dumplings carefully in the boiling water, being careful not to crowd, and let them cook until done. Try with a broom straw before removing. Take each one out by itself and lay on a thread stretched across a warm platter. Bring the thread around the dumpling so as to cut it into halves, just as you cut a bar of ivory soap with a string. When your dumplings are cooked and cut, pour the sauer kraut over them and serve.

Hungarian Stew.—For six people take 6 or 8 large potatoes, cut in slices and put at the bottom of an earthenware baking dish, which has a close cover. A bean pot is all right. Season the potatoes with salt and pepper. Lay over them 3½ lbs. round steak, more if you like much meat, cut in small pieces; season and cover the meat, put ½ doz. onions and season again. Over this pour 1 qt. of canned tomatoes, seasoned to taste. Then add 1½ cups rich cream. Bake in a slow oven 3 or 3½ hours.

Parsnip Stew.—For 6 people take 6 large potatoes, 4 good sized parsnips, 2 lbs. salt pork, lean as you can get it and diced. Lay in alternate layers in a saucepan, seasoning as you go with salt and pepper. Cover with water and cook 1 hour, watching to see that it does not burn.

USEFUL HINTS.

New irons should be heated gradually the first time. After they are inured to heat they will not become rough so easily.

To Keep Suet.—Pick out all the threads, chop fine, put in glass jars, and cover with molasses. Suet treated in this manner will keep for months.

For Cleaning Woollens.—Two medium sized potatoes, grated into a quart of water, will make an excellent liquid for cleaning woollens or for washing delicately colored fabrics.

Re-enamelling a Bath.—For this you need a proper bath enamel. Sandpaper the bath before applying, and slightly heat the enamel. Heating makes it a little thinner, and it is easier to apply evenly. It will need two coats, or, if bad, three.

The little things of life often prove the most trying. Bureau drawers that stick sometimes are more difficult to endure than a serious trouble. It is worth while to stop and remember that rubbing the offending edge with a cake of hard soap, a bit of stove blacking, or even a soft lead pencil will make life worth living again. If the windows of our poorly built houses aggravatingly rattle during high winds a few slips of folded newspaper will stop the noise and bring peace and slumber.

Useful things, that are wanted sometimes in illness. Screens can be made from a clothes horse covered with a sheet or blanket. A bedrest, from a wedge-shaped pillow stuffed tight with straw and a soft pillow put over it. Layers of brown paper are good substitutes for a mackintosh sheet, and can be burnt when done with. Cradles to prevent the bed clothes resting on a tender part can be made by knocking out the bottom of an ordinary bandbox and cutting a piece out of one side; place it between the sheet and blanket. Pulleys sometimes are wanted, and a piece of webbing or bandage with knots at intervals tied to the ends of the bed answers for this. Ice bags are not wanted often, but cracked ice can be put into sponge bags or bladders. Empty beer bottles with screw tops make good hot water bottles.

If it is inconvenient to put the clothes to soak the night before, they at least should be put to soak a couple of hours previous to the time of washing. The more soiled articles should be rubbed over well with a piece of wet soap before being put in the water. When the clothes have been well soaked, let the water run out from the tub, wring out the articles lightly, place them in tubs half filled with hot water, and proceed to use washboard and soap. The clothes then are put through the wringer into a second tub and washed again. Then put once more through the wringer and place in a boilerful of cold water over the fire. Soapy water made from shaved soap or some of the washing preparations dissolved in water, may be placed in the boiler before the clothes are put in, or each article may be rubbed over with soap as it comes from the wringer to be placed in the boiler. Let the clothes come up to a good boil, pressing them down into place with a wooden clothes stick. The first boiler always should contain the table linen, and, while these are coming up to the boiling stage, attention may be turned to the second installment. Always empty the boiler and refill with cold water when the rest of the clothes are ready to be placed therein. On taking the clothes from the boiler place them in a tubful of clear, cold water, and rinse thoroughly in at least two waters to remove all possibility of a yellow tinge produced by the soap. The articles next are put in bluing water and well immersed. Wring out as dry as possible, roll up in bundles, and place in the clothes basket. The clothes now are ready to be hung on the line in the sun.

RICE VARIATIONS.

Rice Balls.—To one pint of hot boiled rice add a large cupful of finely minced chicken, a well beaten egg, salt and pepper to taste, and sufficient cream sauce to moisten it slightly. Mix together and set aside until cold. Form into small balls, egg and breadcrumb them, and fry in deep fat. Drain on unglazed paper and serve at once.

Rice and Cheese Balls.—Add half a cupful of hard grated cheese to a pint of boiled rice, season with salt and a dash of cayenne. Add a well beaten egg and moisten with cream sauce. Form into small balls, egg and breadcrumb them, and fry in deep fat.

Rice Waffles.—Soften a cup of boiled rice with the yolks of three eggs and two tablespoons of melted butter. Alternately add two cupfuls of milk and one and one-half of flour, into which a heaping teaspoonful of baking powder has been mixed, and lastly the beaten whites. The waffles are baked quickly over a good fire in an iron thoroughly heated. Dust with powdered sugar and serve at once with maple sugar or with jelly.

Rice with Mutton.—Line a buttered baking dish with a wall of rice an inch in thickness. Fill the centre with cold roast or boiled mutton, chopped small and freed from bone and gristle. Season to taste. Add a little onion juice and moisten with gravy. Cover with a layer of rice and bake, covered, in a moderate oven for half an hour. Then remove the cover, spread lightly with melted butter, and let stay in the oven until delicately browned. Serve hot with a tomato sauce. Chicken or veal may be used instead of the mutton.

Chicken in Rice Cups.—This is a delicious breakfast or luncheon dish and also is an economical way of using small quantities of leftovers. To prepare it line small buttered cups with soft boiled rice a half inch in thickness. Fill the centre with cooked chicken, finely minced, delicately seasoned and slightly made moist with cream sauce or chicken broth. A few chopped oysters added to the chicken improve the flavor. Onion juice and minced celery may be added if desired. Cover the top with a layer of the rice and bake in a moderate oven for fifteen minutes. Then invert the cups carefully on a heated platter and serve at once with any preferred sauce.

HELPING MOTHERS.

"I always tell my neighbors who have children how good I have found Baby's Own Tablets," says Mrs. L. Reville, Gawas, Ont. Mrs. Reville further says: "I would not be without the Tablets in the house for I know of no medicine that can equal them in curing the ills from which children so often suffer." It is the enthusiastic praise of mothers who have used the Tablets that makes them the most popular childhood medicine in Canada. Any mother using Baby's Own Tablets has the guarantee of a government analyst that this medicine does not contain one particle of opiate or harmful drug. Sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

MUNICIPAL FUNERALS.

Vienna Ratepayers Assured They Will Be Well Buried.

The newest form of municipal trading which the City of Vienna intends to enter on is the undertakers' business.

Five years ago, the mayor, Dr. Lueger, expressed himself in favor of the municipilization of all that belongs to burial, on the ground that the best the municipality could do for a citizen who had paid rates all his life was to see that he was well buried.

Arrangements have been made by the municipality to take over the business and stock-in-trade of the largest undertakers in Vienna, and the civic authorities claim that the cost of municipal funerals will be less than the undertakers charged, while they hope a profit will be made, which will go to the relief of the rates.

A SMOOTH ONE.

He stole a kiss,
And the angry miss
Exclaimed: "I like your cheek!"
"That's good," said he;
"I shave, you see,
Each morning in the week."

Nursing baby?

It's a heavy strain on mother.

Her system is called upon to supply nourishment for two.

Some form of nourishment that will be easily taken up by mother's system is needed.

Scott's Emulsion contains the greatest possible amount of nourishment in easily digested form.

Mother and baby are wonderfully helped by its use.

ALL DRUGGISTS: 50c. AND $1.0.

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 blod is out of order, that the indoor life of winter has left its mark upon you and may easily develop into more serious trouble. Don't dose yourself with purgative medicines in the hope that you can put your blood right. Purgatives gallop through the system, and weaken instead of giving strength. What you 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 in every part of the world and what it has done for others it can easily do for you.

The headquarters for the genuine Dr. Williams' Pink Pills for Pale People in Canada is Brockville, Ont. So-called pink pills offered by companies located at other places in Canada are fraudulent imitations intended to deceive. If your dealer does not keep the genuine Dr. Williams' Pink Pills for Pale People send to Brockville, Ont., and The Dr. Williams' Medicine Co. will mail the pills to you at 50 cents a box or six boxes for $2.50.

MAN WITH AN APPETITE.

Voracious Individual Who Ate Over 8,000 Peas in a Day.

John Cotton, who lives in Dewsbury, Yorkshire, England, is believed to possess the most voracious appetite of any man living. Within the last few days he has consumed a meal at which a van horse would have jibbed in despair. He is already well known in the district in which he lives by reason of his past performances, but his latest feat surpasses all his previous conquests.

The contest which has just concluded lasted fourteen days. The condition was that he should eat two peas on the first day, double that number on the second, and continue to double it day after day for fourteen days. The peas which were used for the contest were the ordinary green marrowfats.

During the first week the man simply swallowed them like pills, in the dry state; afterwards they were steeped and boiled. On the tenth day the number was 1,024; on the eleventh, 2,048; on the twelfth, 4,096; on the thirteenth, 8,192, and on the fourteenth, 16,384.

Owing to a little hitch in the proceedings, he refused to consume the total on the last day; but on the thirteenth day he disposed of 8,192, which is believed to be a world's record. The only condiment he took was a little pepper.

On the thirteenth day operations were commenced about 3 o'clock in the afternoon. He disposed of 500 without the slightest inconvenience and calmly rested until 7 o'clock in the evening before recommencing operations. At that hour he faced the enormous mess, which filled the largest household bucket, with a determination not to surrender. Just before 11 o'clock he cleared up the last of the dishes and was greeted as the world's champion. During the thirteen days he had eaten 16,384 peas.

The man is prepared to defend his championship against all comers, and there is some talk of a rabbit-eating contest as the result of the pea-eating competition. In the contests which took place simultaneously all the competitors were stopped when they reached 2,000 lest the affair should end in a coroner's inquest.

BEQUEATHED SPECTACLES.

In Olden Days Eyeglasses Were Treasured Possessions.

Spectacles were invented just six hundred years ago. The use of glass to aid the sight of defective eyes is, however, much older. Nero looked through a concave glass in watching the gladitorial games, and many other historical men of his day were dependent on similar devices for lengthening their sight.

Till the latter part of the thirteenth century only the single glass was in use. In 1290 the double glass was invented, and in the fourteenth century spectacles were used quite frequently by the very wealthy and high-born, although they were still so scarce that they were bequeathed in will with all the elaborate care that marked the disposition of a feudal estate. The first spectacles were made in Italy.

Somewhat later the manufacture of cheaper glass sprang up in Holland, and it spread late in the fourteenth century to Germany. Nurnburg and Rathenow acquired fame for their glasses between 1490 and 1500.

For many years glasses were used only as a means of aiding bad eyes, until the fashion of wearing them sprang up in Spain. It spread rapidly to the rest of the continent, and brought about the transformation of the old thirteenth century spectacles into eye-glasses, and eventually into the monocle.

The Opera House at Paris cost $8,000,000.

ENGLISH PRISON SYSTEM

NOTORIOUS JABEZ BALFOUR GIVES HIS OPINIONS.

After a Sentence of 14 Years' Penal Servitude, Says Prison Does Not Reform.

Jabez Balfour, who recently completed a term of 14 years' imprisonment for fraud in connection with the Liberator Societies, has written a book, in which he freely criticizes the English prison system. Here are a few extracts:—

DEVISED BY EVIL GENIUS.

The British prison system would seem, in many of its details, to have been devised by some malignant genius, actuated by the horrible ambition of de Sade, "to leave the world a little worse than he had found it," to crush out of the heart of the unhappy criminal any lingering remnant of self-respect, any feeble hope of self-redemption, which may have survived his public degradation in the criminal court.

On three separate occasions Mr. Balfour was taken on long railway journeys, clad in his prison clothes and handcuffed. "I found along my route groups of curious sightseers, who had evidently been apprised of my movements. . . . On Cowes Pier was the inevitable photographer, and quite a throng of busybodies, through whom I had to elbow my way. At Southampton there was a mob of very ill-behaved females." The handcuffing, as he points out, was a purely superfluous degredation. On each occasion he was accompanied by two armed warders. What occasion could there be to fetter an elderly obese man so guarded and so dressed?

THE DRY BATH.

As to the species of bodily search known as "the dry bath,' of which Mr. Balfour speaks in carefully-veiled phrases, it was obviously an indignity which might have been resented by a nigger in the days of chattel slavery—"a degradation to the unhappy prisoner and an outrage on the reluctant warder—grossly revolting and indecent."

The amount of power vested in warders and other petty officials is another blot upon our prison system. Only a man of high and humane nature—and such men are less rare phenomena than might be supposed—could withstand the infinite temptations to petty tyrany furnished by the discipline of such a prison as Portland. Mr. Balfour was warned by a kindly chaplain:—"Be very careful of the warders. You are wholly in their power."

SLAVES OF PRISON YARD.

How wholly, such incidents as the following may serve to show:—

"A well-conducted youth, who was walking immediately before me, halted and stooped down to fasten his shoelace. He was immediately pounced upon by the warder, who shouted, 'You are not to stop; you are not to stoop; you are not to pick up anything; you are not to look anywhere unless I give you leave.' I myself was twice reproved by this ruffian for looking up at the sky!

"Once a prisoner, in passing me, smiled. . . . The warder saw, and was swift to shout: 'Now, then, Balfour, smiling is not allowed here.' He need hardly have told us that."

Don't Be Fat.

My New Obesity Reducer Quickly Changes Your Weight to Normal, Requires No Starvation Process and is Absolutely Safe.

TRIAL PACKAGE MAILED FREE.

The above Illustration shows the remarkable effects of my wonderful Obesity Reducer—What it has done for others it can do for you.

My new Obesity Reducer, taken at mealtime, compels perfect assimilation of the food and sends the food nutriment where it belongs. It requires no starvation process. You can eat all you want. It makes muscle, bone, sinew, nerve and brain tissue, and quickly reduces your weight to normal. It takes off the big stomach and relieves the compressed condition and enables the heart to act freely and the lungs to expand naturally and the kidneys and liver to perform their functions in a natural manner. You will feel better the first day you try this wonderful home reducer. Fill out coupon herewith and mail to-day.

FREE

This coupon is good for one trial package of Kellogg's Obesity Reducer with testimonials from hundreds who have been greatly reduced, mailed free in plain package. Simply fill in your name and address on dotted lines below and mail to

F. J. KELLOGG, 36 Kellogg Bldg., Battle Creek, Mich.

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