About the House

TESTED RECIPES.

Baked Brown Bread.—Two cups sour milk, three cups graham flour, one cup flour, one-half cup New Orleans molasses, two even teaspoons soda, salt, one half-cup raisins if liked.

Tomato Catsup.—Take a tablespoonful of the best corn starch to each quart of juice. Stir the corn starch in while the juice is cold and boil down in the usual way. This will make twice the quantity of catsup and also will keep better.

Left Over Salmon.—Take equal parts of salmon and mashed or baked potato; mash or crush potato, add salmon, pinch of salt, and piece of butter; mix thoroughly; make in small patties, roll in cracker crumbs, and fry slowly until brown.

Bread Scraps.—Don't waste the scraps of bread, but cut them up in small square. Put in pan in a hot oven and brown nicely. They are splendid for soup, or in hot milk for children, or for tomatoes. Have a bag to keep the toasted squares hung in the pantry.

Cream Puffs.—Boil with a large cupful of hot water one-half a cupful of butter, stirring in one cupful of flour during the boiling; set aside to cool. When cold stir in four eggs, one at a time; do not beat. Drop on buttered paper and bake twenty-five minutes in a fairly hot oven. Serve with whipped cream.

Delicious Roasts. — Wash the meat well, place it in a large stone crock, and cover the meat with cold water. Dredge well with flour, salt, and pepper to taste, place a lump of butter on top, cover the crock with a tin cover, and put it in a moderate oven. Get the meat in the oven by 9 o'clock for a 12 o'clock dinner. The gravy will be made in the crock, and the dinner will be easily served.

Canning Strawberries. — In canning or preserving strawberries if each can is wrapped in newspaper (while the fruit is still hot), to exclude the light, the berries will not lose their rich red color. If exposed to the light they turn a brownish color. There often is considerable juice left after canning strawberries, use it to can rhubarb. This makes a delicious sauce.

Eggless Fruit Cake. — One pound of salt pork, chopped fine, pour one and one-half pints boiling water, stirring constantly, add one pound chopped raisins, one pound currants, one-fourth pound citron, two cups sugar, one cup molasses, one teaspoon soda dissolved in warm water; one teaspoon each of cloves, cinnamon and nutmeg, and enough flour until quite thick. A wineglass of brandy may be added. Bake in moderate oven.

Pork chops may be made delicious by putting them into a shallow baking pan and pouring over them a well beaten egg (about one egg for every six chops), seasoned well with pepper and salt, and then baked in a rather slow oven for an hour. The egg, forming a light crust over the chops, absorbs the fat and retains the full flavor of the meat. By this method chops, even though not tender, are rendered deliciously so.

Drip Coffee.—To make drip coffee in any coffee can, get a pair of small wood embroidery hoops that just fit the top of coffee can. Make a bag eight inches long. A twenty-five pound flour bag divided in three makes three bags. Then measure to fit around ring. Cut corners off at bottom. Sew on machine to form bag; hem over hoop. Place it in coffee can. Put in two tablespoons of pulverized ground coffee, add one quart of boiling water to filter through, and coffee is done. The sack should be emptied, rinsed in cold water, and hung up to dry.

Left Over Roasts.—After a roast has served for two meals there is often meat enough for another, although not in good shape. When this is the case cut up the meat, mince fine an onion, and the gravy if necessary, slice cold boiled potatoes and arrange in a baking dish. Set back on the stove where it will heat through while you are making a tin of baking powder biscuit. After cutting out your biscuits, instead of putting them on a tin put them on the top of the meat pie, slip the whole thing into the oven and bake until the biscuits are done. Chicken pie can be made in the same way and can be served without carving in a neat manner.

Fruit Jelly.—Wash and prepare fruit, removing all imperfect parts, boil to extract the juice, using only granite or porcelain kettle, and solid silver spoon for stirring. Never use tinware if you would have clear jelly, and never drain juices over night, as they are apt to sour and look muddy when made into jelly. Commence in the morning, boil, and drain immediately. Prepare two bags, one of thick, the other of thin muslin. Make bags with two tape loops, one at the top, the other half way down seam at side, to raise or lower; hang on convenient hook over table or sink, squeeze but little through the thin bag, and not at all through the thick one. To one pint of sour juice allow the same of sugar; let juice boil until clear, then add sugar, which previously has been heated in the oven. A few minutes' boiling will suffice. Pour contents into a large pitcher through a cheesecloth bag drawn over top of pitcher to carry any articles which might be in sugar. Fill glasses at once from pitcher; place solid silver spoon in glasses, and you will never break the thinnest glasses.

DON'T THROW ANYTHING AWAY.

Save coffee grounds for stuffing pin cushions.

To keep buttermilk pour cold water on it. When desired for use pour off the water, and after using pour more cold water on. Milk treated in this manner will stay fresh for days.

Use for Sweaters.—With the approach of warm weather sweaters are being discarded. Do not throw away those that have the sleeves and upper parts worn. Cut off as close to the top as possible and gather to a band or muslin waist for a petticoat for smaller child, finish the bottom with a hem or crocheted edge of yarn.

Baking Powder Cans.—Save these until you have enough to contain the different spices. Soak off the wrapper, let dry, buy a small can of white paint, also one of gold enamel, paint cans white. When dry letter them with the gold enamel; it never will wash off. They are airtight, preventing the spices from losing their strength.

Napkins for Children.—Children soil and stain their napkins badly. For little folks have a supply of napkins made from a good grade of checked toweling, neatly hemmed. These are inexpensive and are easily washed. Longer pieces are nice to put under the children's plates to protect the tablecloth.

Sandwiches often are left over from picnics and other special occasions. Usually they are not inviting the next day, but may be made so. Warm slightly in the oven and to three ordinary sandwiches made from chicken, veal or tongue make a white sauce with one tablespoonful of butter, one tablespoonful of flour, one pinch of salt, and one of pepper, and one cup of milk, cooked until thick. Then add the yolk of one egg, well beaten. Pour this over the sandwiches, serve at once.

Holders for kitchens can be made from old stockings folded to size required. Run across diagonally each way two or three times to permit wrinkling when washed. Cover with strong, washable material, lightweight blue denim is good; run across as in the filling, sew a brass ring in one corner and hang on a hook near the stove. Six are none too many to be there at one time, and have a pile in reserve when some are in the weekly wash, as holders are a necessary article in any kitchen.

Waxed Paper.—It is economy to save every scrap of waxed paper that finds its way into the house. Large sheets of this can be saved from cracker boxes and many small boxes containing candy, raisins, and other fruits are lined with a good quality of waxed paper. This paper is suitable for wrapping up lunches. It keeps bread, cake, cheese and other articles moist; is good to paste over jelly glases, pots of jam, and many other uses will present themselves to the economical housewife. The use of unsealed envelope flaps is a great help in the home. Cut off the flaps and use them to label bottles of medicine, cans of fruit, and cups of jelly. They easily are stuck on and are large enough to hold all you wish to write.

Washing Dishes.—Take your old rusty dripping pan or roaster that has outgrown the days of its usefulness, give it a coat of paint within and without, buy a wire dish drainer, the larger the better, set the latter in the former, and you have a great time saver. To economize time still further, use the following method of procedure three times a day: Wash glass and silverware in hot suds; pour boiling water on the silver, it preserves its brightness; rub on soft towel; rinse and wipe glassware; wash and rinse in hot water all tin, granite and iron ware; wipe dry; now in this hot rinsewater wash the chinaware, using soap; fix a pan of slightly soapy lukewarm water (hot or cold makes dishes dry rough); pass dishes one at a time through this water and stand in drainer. In an hour they will be dry and shiny.

THE CHILDREN ON THE FARM.

Many of our children on the farm are growing up with bodies well fed and clothed but they are starving for love. Their lives are so cheerless, so unchildlike, can we wonder that they grow into hardened men and women? Now is the time to make children happy, while they are children, and the memories of this happiness in afterlife will continue to make them happy; be enthusiastic with the children in their studies and play do not be indifferent or say the cruel words that will cause the countenance to grow sad or dim the bright eyes.

We are all living writers, recording on enduring tablets history made up of thoughts, feelings and aspirations. Upon this depends to a large extent the character of those who come after us. In this lies our most powerful training as well as the holiest form it can take. Home is the sacred portal to the outside world, and to have and continue the closest, highest influence on young life is to foster in all possible ways a love for home.

We hear constantly of woman's rights; rights to compete with man in every walk of life; the right to guide and guard the state, so that the holiest, most sacred right is in danger of being neglected. The world needs womanly women and manly men; to produce them we must give from eighteen to twenty years of home life where abides love, judiciously seasoned with reason and justice. As a rule, parents do too much preaching; talk is the weakest tool that can be used in the home government. We need personal influence; this begins before words can be understood, and like all silent influences will be the most deep-seated and permanent.

Children are investigators; and the inner mechanism of many things will they lay bare and understand just how they are made, if allowed to follow their own inclination. There are varied faculties latent within the child that will lead him to the investigation of the phenomena of the world he has entered. A child will grow symmetrically if he is not pushed too much by the ambition of foolish parents or by the teacher who desires to push the child for show. We must never forget that each child is a peculiar king or queen in his or her individual realm. No one has ever come into the world with just such a combination of characteristics or possibilities. The child is a broad, deep and grand problem which we are too weak to fully grasp. The best we can do is to be all we would have our child to be, to stand erect in our own place, and hold aloft the light that in the darkness he may see the stumbling blocks, he may see the sunshine and the storm, and when the journey is fairly begun, each must steer his own boat.

We have many men and women, who, when they arrive at the age of maturity, are twisted into unnatural shapes, and their sharp angles must be jostled and rubbed into shape by coming in contact with solid facts, that nature gives us, for the correction of those who are so unfortunate as to be forced into ill-fitting paths by an unnatural training. Natural fitness for a vocation is a priceless advantage; mental tendencies usually manifest themselves early. But there is a vast difference between a mere bent or taste for a pursuit and a talent or genius for it; and for this very reason many parents make a sad mistake in pushing their children into a life of their own choosing. Too often by moulding we perform an act of robbery. Parents' love should not push and control so much as it should inspire. Love must not fail to let the soul work out its own salvation.

TO WASH WOOL BLANKETS.

Dissolve a cake of pure soap that has no salt or rosin in it in a gallon of water, by boiling. Have ready three tubs two-thirds full of cold water from the cistern. Into tub No. 1 pour two-thirds of your dissolved soap. One-third of the remainder put into tub No. 2, and enough into No. 3 to slightly tinge the water; also stir into tubs Nos. 1 and 2 a tablespoonful of ammonia or powdered borax. Place a couple of blankets into tub No. 1, and let soak from one-half to three-quarters of an hour; then rub any dirty spots lightly with the hands, and wring with wringer into tub No. 2, putting other blankets to soak in tub No. 1, with a little more dissolved soap. Wring the blankets from tub No. 2 to No. 3, then into a basket, and hang upon line immediately by one edge, and when half dry turn and hang by opposite edge. Blankets washed in this way do not shrink at all, and are as fluffy and soft as when new. Have used the above method for thirteen years.—Mrs. T. E. Stubberfield in the National Magazine for May.

CHILDHOOD AILMENTS.

The mother who keeps Baby's Own Tablets in the home has a feeling of security that her child's health is safe. These Tablets cure such ailments as colic, indigestion, constipation, diarrhoea and simple fevers. They break up colds, destroy worms, make teething painless and give the child healthy natural sleep. And the mother has the guarantee of a government analyst that the Tablets are absolutely safe. Mrs. Robert Watson, Combermere, Ont., says:—"I find Baby's Own Tablets just the medicine needed to keep children healthy.' Sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

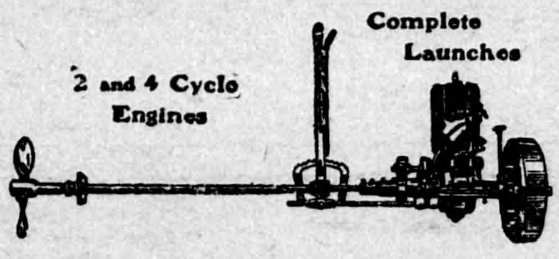
PUBLISHED FOR ENGAGED COUPLES.

Switzerland has a newspaper specially for engaged couples, says Woman's Life. Agents all over the country collect particulars concerning couples who have become engaged to be married, and their names, addresses, and particulars of their social position appear in this weekly journal. Every girl whose name is thus mentioned receives the paper for one year free, the subscribers to it being chiefly tradespeople who send advertisements of their goods to those whose names are so published.

WHERE WOMEN RULE.

In certain villages in Finland there exists a religious sect whose disciples are forced not only to marry, but also to take a vow to submit to the wife in all things. The women choose one of their number as leader, whose duty it is to see that the men behave themselves, and to punish them if they transgress.

MADE IN CANADA



HAMILTON MOTOR WORKS, Ltd.
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GREEN SUN OF EGYPT.

Reason for Appearance of Color in Relics Relative to Death.

Perhaps it is the sun, and not the moon, that is made of green cheese. The appearance of a green light at sunset, like many other phenomena supposed to have only recently attracted attention, was noticed and commented upon by the ancient Egyptians, and more particularly so because in the clear air of Egypt the tints of sunset are peculiarly distinct.

As the sun there descends nearer and nearer to the horizon, and is immensely enlarged and flaming, it suddenly becomes, for an instant, a brilliant green color and immediately a series of red rays suffuses the sky in any directions, well nigh to the zenith. The same phenomenon appears at sunrise, but to a smaller extent. Sometimes, just as the last part of the sun's disk vanishes, its color changes from green to blue, and so also after it has disappeared the sky, near the horizon often is green, while towards the zenith it is blue.

This was alluded to in Egyptian writings. Day was the emblem of life and night that of death, and the nocturnal sun, being identified with Osiris, thus rendered Osiris king of the dead. The setting sun was green, therefore Osiris, as the nocturnal deity of the dead, was painted green. The splendid coffins of the high priests of Ammon frequently depict the green sun and the funeral deities are all colored green.

There are innumerable instances in the Egyptian relics of representations relative to death being colored green. The practice undoubtedly arose from the green tints of sunrise and sunset. The green sun disk is referred to 5,000 years ago in Egypt. This is the earliest known human record of an astronomical phenomenon.

THE GREAT CURE.

The powers of hypnotism—derided by the faculty of half a century ago—are now found of the greatest value by doctors and surgeons. Many a patient, whilst in the mesmeric sleep, has gone without a pang through the most excruciating operations or—more wonderful still—has chatted nonchalantly with the surgeon all the time. The power of suggestion again is used with success in quite another sphere—viz., the cure of sea-sickness, of hysteria, and even of insanity. Drug habits, too, soon yield to the treatment, and we may, without a great stretch of imagination, look forward to the day when Parliament will take the drug slave in hand and get him mesmerised into a healthier mode of living.

SORE ACHING FEET

SOOTHED BY ZAM-BUK.

Men, women and girls engaged in stores, who have to be on their feet all day, often suffer agonies from chafing sores, soft corns, horny patches, etc. In other cases long standing and walking leads to bad leg, varicose veins and ulcers. Zam-Buk takes the pain out of chafed sores, prevents suppuration and poison from stocking-dye, and generally heals.

Mrs. K. Watkins, of 26 Forgue Avenue, Montreal, says: "My boy had a sore on his heel which was rubbed by his stocking until it became a very bad wound. Zam-Buk took the soreness out almost instantly, and healed the wound up wonderfully."

Zam-Buk is equally good for cuts, bruises, eczema, scalp sores, itch, barber's rash, blood poison and all skin injuries and diseases. All stores and druggists sell at 50c a box.

CALENDAR CURIOSITIES.

There are some curious facts about our calendar. No century can begin on Wednesday, Friday, or Sunday. The same calendars can be used every years. October always begins on the same day of the week as January, April as July, September as December. February, March and November also begin on the same days. May, June and August always begin on different days from each other and from every other month in the year. The first and last days of the year are always the same. These rules do not apply to leap-year, when comparison is made between days before and after February 29th.

CRIPPLED WITH SCIATICA.

Made Well and Strong by Dr. Williams' Pink Pills After Doctors Had Failed.

Mr. H. W. Awalt is one of the leading merchants of Hemford, N. S.. A few years ago he was a great sufferer from that most excruciating trouble sciatica. He says: "At the time I was afflicted I was living at Baker Settlement. The attack was so severe that I had been off work for some time. The cords of my leg were all drawn up and I could only limp along with the aid of a stick. The pain I suffered was terrible. I was in misery both day and night. Every moment caused me such pain as only those who have been tortured with sciatica can know. I was treated by several doctors, but they did not help me a bit. In fact I almost began to feel that my condition was helpless, when Dr. Williams' Pink Pills were brought to my attention. I got a half dozen boxes. I had used about the entire quantity before I found any benefit. But I was encouraged and got a second half dozen boxes and before these were all gone every vestige of the trouble had disappeared. Not only this, but I was improved in health in every way, as it will be readily understood that the long siege of pain I had suffered had left me badly run down. I can't speak too highly of Dr. Williams' Pink Pills. I can't recommend them too strongly to other sufferers."

Dr. Williams' Pink Pills cure sciatica simply because they make the rich, red blood that soothes and strengthens the jangled aching nerves. That is why they cure such nerve troubles as neuralgia, St. Vitus dance and partial paralysis. That is why they cure all ailments due to poor watery blood. That is why they make weary, despondent, broken-down men and women bright, active and strong. But only the genuine pills can do this, and they have the full name, Dr. Williams' Pink Pills for Pale People, on the wrapper around every box. Sold by medicine dealers everywhere or by mail at 50 cents a box or six boxes for $2.50 by addressing the Dr. Wilyliams' Medicine Co., Brockville, Ont.

TO MARRY AFTER FIFTY YEARS.

A broken village courtship has just had an interesting sequel. After more than fifty years of separation, Mrs. Ellen Briggs, of Stevenage, Herts, is going out of Australia to marry the lover of her early days. Mrs. Briggs who is seventy-six years of age lost trace of her sweetheart, and has since been three times married. The man himself has survived four wives. Now he has communicated with the object of his youthful affections, and is anxious to marry his sweetheart of half a century ago.

SOME USE.

Aunt—"Ah, my dear, don't deceive yourself! Fine feathers don't make fine birds!"

Niece—"Perhaps not; but they make jolly nice hats."

A Chinese doctor's fee ranges from 4 cents to 10 cents.

Scott's Emulsion strengthens enfeebled nursing mothers by increasing their flesh and nerve force.

It provides baby with the necessary fat and mineral food for healthy growth.

ALL DRUGGISTS; 50c. AND $1.00.