

About the House.

POTATO RECIPES.

With the close of the summer vegetable season one finds it necessary to turn once more to potatoes as the main vegetable, and this is done with greater relish if the housewife is prepared to serve them in a variety of appetizing ways. It is easy to get into a rut with these familiar vegetables, and to serve them over and over in one or two or three ways; but there is no need of this, when there are so many appetizing dishes which can be prepared from them besides the ordinary, "boiled, fried and mashed."

A Southern cook gave the following rule for stewed potatoes, and under her handling there was a distinct taste and odor of chicken, about the dish, and yet no chicken entered into its composition:

Southern Style.—Take one large tablespoon each of lard and butter, and let them heat in a stew pan or small kettle. When hot stir in one large tablespoon of flour. Stir until smooth, then add one medium sized onion cut small. Cook for about one minute, or until brown, then stir in one quart of potato dice, previously prepared. Add sufficient boiling water to cook the potatoes, not quite enough to cover them. Put the lid on the kettle and

Hope Had Departed.

THE STORY OF A WOMAN'S RESCUE FROM GREAT SUFFERING.

For Years Her Life Was One of Misery—Her Feet and Limbs Would Swell—Frightfully and She Became Unable to Do Her Household Work.

From the Enterprise, Bridgewater, N. S.

It is appalling to think of the number of women throughout the country who day after day live a life almost of martyrdom; suffering but too frequently in silent, almost hopeless despair. To such sufferers the story of Mrs. Joshua Wile, will come as a beacon of hope. Mrs. Wile lives about two miles from the town of Bridgewater, N. S., and is respected and esteemed by all who know her. While in one of the local drug stores not long ago, Mrs. Wile noticed a number of boxes of Dr. Williams' Pink Pills in the show case, and remarked by the proprietor "If ever there was a friend to woman it is these pills." She was asked why she spoke so strongly about the pills, and in reply told of the misery from which they had rescued her. The druggist suggested that she should make known her cure for the benefit of the thousands of similar sufferers. Mrs. Wile replied that while averse to publicity, yet she would gladly tell her cure if it would benefit anyone else, and she gave the following statement with permission for its publication:

"My life for some years was one of weakness, pain and misery, until I obtained relief through the use of Dr. Williams' Pink Pills. From some cause, I know not what exactly, I became so afflicted with uterine trouble that I was obliged to undergo two operations. A part only of the trouble was removed, and a terrible weakness and miserable, nervous condition ensued, which the physician told me I would never get clear of. I tried other doctors, but all with the same result—no betterment of my condition. The pains finally attacked my back and kidneys. My legs and feet became frightfully swollen, and I cannot describe the tired, sinking, deathly feeling that at times came over my whole body. I became unable to do my household work, and lost all hope of recovery. Before this stage in my illness I had been advised to try Dr. Williams' Pink Pills, but like thousands of other women, thought there could be no good in using them when the medical men were unable to cure me. At last, in desperation I made up my mind to try them, but really without any faith in the result. To my great surprise I obtained some benefit from the first box. I then bought six boxes more, which I took according to directions; and am happy to say was raised up by them from a weak, sick dependent, useless condition, to my present state of health, and happiness. Every year now in the spring and fall I take a box or two, and find them an excellent thing at the change of the season. Other benefits, I might mention, but suffice it to say I would strongly recommend Dr. Williams' Pink Pills to ailing women."

Dr. Williams' Pink Pills surpass all other medicines as a cure for the troubles that afflict womankind. They quickly correct suppressions and all forms of weakness. They enrich the blood, strengthen the nerves and restore the glow of health to pallid cheeks. Sold by all dealers in medicine, or sent postpaid at 50 cents a box, or six boxes for \$2.50, by addressing the Dr. Williams Medicine Co., Brockville, Ont.

let them cook until the potatoes are done through and the water has boiled quite away. This dish is not difficult to prepare, and may be cooked in about twenty minutes.

Potato Balls.—To one pint of mashed and seasoned potatoes add part of an egg, well beaten. Mix thoroughly and roll into balls. Brush these over with the remaining egg and dip in cracker or bread crumbs. Lay the balls in a buttered dish and bake to a golden brown. Serve these plain, or pour over them a white sauce, made as above, to which has been added a little onion juice, celery sauce or chopped parsley.

The above may be varied by grating cheese over the top of the dish before baking.

Escaloped Potatoes.—Cut baked or boiled potatoes into squares, add milk slightly thickened and seasoned, as for white sauce, and bake until a delicate brown over the top.

Golden Pyramid.—Place potatoes which have been mashed and well seasoned upon a plate and make into pyramid shape. Smooth with a buttered knife and cover the outside slightly with beaten egg. Sift fine bread crumbs over and bake in the oven to a fine brown. Even though the way of preparing the potatoes is but slightly different, a different appearance has much to do with tempting the appetite at successive meals.

Browned Potatoes.—Boil small potatoes. Dry them by allowing the steam to escape as soon as they are cooked through. Place them in a wire frying basket and fry brown in hot lard.

When roasting meat place the boiled potatoes in the dripping pan to brown before serving.

Potatoes Sliced and Browned.—A change from the ordinary way of frying potatoes which have been previously boiled is obtained by slicing them evenly, and browning the slices upon a griddle or large frying pan as you would pancakes, turning each slice.

Potato Croquettes.—To well seasoned mashed potatoes add a little celery salt and onion juice. Add the beaten yolk of an egg to each pint of potato, and a little chopped parsley. Roll into croquettes, dip in egg, then in bread crumbs, and fry in deep fat.

FOR BIRDS AT THE WINDOW.

Coarse oatmeal is an excellent food to provide for the wild birds that are catered to from window or doorstep. Chopped suet is always relished, birds are fond of fat, Indian corn, hempseed, and boiled chopped liver all are recommended for this philanthropic purpose. To avoid the onslaught of cats, a basket hung at a window, or a box on a pole may be employed.

HYACINTHS IN GLASSES.

For this purpose choose the largest and heaviest bulbs, as they derive their nourishment largely from their own substance. About Nov. 1, place the bulbs in a box of wet sand, put in a dark, cool place and the roots will start in a few days. When the roots are about one-half inch in length remove the bulbs and place them in glasses filled with just enough water to touch the bulbs. Keep in a dark closet until the roots touch the bottom of the glasses, then bring to the light, keeping them away from the direct rays of the sun and in a rather low temperature. They will be found to do well.

HOMEMADE SILVER POLISH.

Wash silver in hot suds, apply fine laundry soap to a piece of soft flannel, dip it in common whitening, and rub the silver. Wash again in hot suds, rinse thoroughly and dry with another piece of soft flannel or chamois skin. This combination will remove the most obstinate discoloration quickly.

COAL FLAKE FUEL.

Will Enable Blatant Coal to be Used in Place of Anthracite.

The recent strike of coal miners in the anthracite coal region of Pennsylvania has been the means of bringing to public attention many things connected with the burning of fuel that might otherwise have been left unknown, or at least known only to scientists and those directly interested in great enterprises. Among the many things considered after the tremendous rise in price consequent upon the strike was the possibility of use of bituminous coal. This soft product of the mines causes so much smoke that many municipalities have passed ordinances prohibiting its use.

With this great factor facing them the users of large quantities of fuel began to look about them and quickly discovered that a machine was on the market, which made pulverized coal the possible fuel of the future. It seems that this new invention is an assured success. The Illinois Central Railroad has been experimenting for a week with this device, and it is claimed that coal, when powdered by this process, is the cheapest and best fuel available, being at the same time absolutely smokeless.

For years engineers the world over

She Like most Women Was Very Fond of

A cup of Tea Had become accustomed To the use of Japan Still There was Just a Peculiar Something About the infusion That she Never quite liked So she pondered And pondered To decide what it was Her mind thought Point Yes This was it Because the scum And greenish sediment Indicated Nothing else Now She was a prudent woman So she argued That a remedy must be sought For while Prussian Blue And Paris Green Were all Right in their place They were Out of place In her Tea And Must be injurious So She got nervous And irritable And told her doctor Of her fears. You are right Said he Do as I do And He told her how he did it He bought the new Uncolored Green Tea From Ceylon and India Sold in the Sealed lead packets of The "Salada" Tea Co. And declared That no Japan Tea In the world Could begin to equal It Then Its Pure and Healthful Said he So she bought it too And Women like Is worrying again Because She did not find The remedy Sooner

have discussed the topic of firing from coal dust, but not until recently has the project taken practical shape. Appliances for firing by this means must reduce the coal to an impalpable powder, as fine as wheat flour, and this the recent invention is credited with doing. The officials of the Illinois Central are credited with stating that they are satisfied the principle is correct, and that they expected to demonstrate a saving of from 25 to 40 per cent. on the same quality of coal.

One great point in favor of the new appliance is that it may be adapted readily, and without any appreciable extra cost to any style or kind of boiler, either locomotive, stationary, tubular or rotary. The new machine reduces the coal to microscopic flakes, which when injected through a special form of burner, along with the requisite air supply, burns in the furnace like gas. Combustion is said to be perfect and almost instantaneous and the proper admixture of air is easily ascertained and registered. Volumetric analysis of samples of escaping gases indicate that the highest possible efficiency in the use of any coal is attained.

In this new machine coal is dumped into a large hopper and fed to a crusher. If wet it is passed through a dryer, thence to the pulverizer. After leaving the mill the dust is carried up into the air separator, in which revolving fans separate the fine flaky particles from the coarser grains, the latter being returned for regrinding.

CUBA'S WIDOWS.

The effect of the long Cuban war on the homes of the Cubans is shown in the returns of the census that was recently taken there. The census showed that 31 per cent of all the women who have been married in Cuba are to-day widows. Perhaps no country in the world can show a larger per cent of widowhood. An apparent inconsistency of figures contained in the Cuban census is shown by the percentage of widows in that island being only a little more than 8 per cent of all the women on the island. This apparent discrepancy results from the fact that the marriage ceremony in Cuba was an expensive luxury during the years of Spanish rule. It then cost \$5 to get married at 6 o'clock in the morning, and this expense was increased as the hour of noon, the most fashionable time for the performance of such ceremonies, was approached. Many of the poor people were thus forced to do without the luxury of a marriage, although they proceeded to bring up their family in an orderly fashion. Had marriage been universal in Cuba, it is quite likely that the percentage of those married who were made widows by the war for independence would have been quite as large as it is shown to be under present conditions.

1000-MILE AUTOMOBILE TRIAL.

One of the noteworthy results of the great trial is the confirmation that it affords of the continuous working capacity of the little high-speed motors, which so many engineers and others not acquainted with their performance under severe conditions seem to think is the vulnerable part of a motor carriage. It may safely be said that on the whole the motor itself may be depended upon to give less trouble than any other part of the car machinery. On the other hand, even the best tires and the heavy extra suffered severely, and experience showed that the cost of fuel per mile run was not more than from one-fifth to one-half the cost of the tires. It is, therefore, only half the truth to say of motor cars that it is the price that kills; for so far as tires at least are concerned, it may equally be said that it is the weight that kills. The limit to weight which rubber can carry, without easy destruction, at common speeds, has already been reached, both with pneumatic and with solid tires; but the limit to improvements which will reduce weight is at present far off.

TO MAKE NAILS HOLD.

Sometimes a good deal of trouble is experienced in getting nails to hold in a plastered wall just where they should be to allow the pictures to hang at a given point, or exactly between two casings. If neither nail nor screw can be driven to hold, make the hole by use of a gimlet larger than is required for the nail, then fill the hole with plaster of paris, wet with salt water, and insert a screw by turning it carefully in; then finish the job with a pocket knife blade, forcing in as much plaster as possible, but do the work rapidly, as the plaster will set quickly and hold firmly.

ATMOSPHERIC RESISTANCE.

There is a dispute in regard to the atmospheric resistance exerted on a moving train. Some claim that every jet of air which can catch the wind—every flag, bolt, bar or strip of molding—contributes just so much to increase friction and retard speed, and at first the proposition seems absolutely sound. On the other hand, however, there are a number of engineers who insist that a train going at high speed is enveloped in a coating of air, which moves with it, and presents a smooth surface to the

Blood Disorders

are simply kidney disorders. The kidneys filter the blood of all that shouldn't be there. The blood passes through the kidneys every three minutes. If the kidneys do their work no impurity or cause of disorder can remain in the circulation longer than that time. Therefore if your blood is out of order your kidneys have failed in their work. They are in need of stimulation, strengthening or doctoring. One medicine will do all three, the finest and most imitated blood medicine there is.

Dodd's Kidney Pills

surrounding atmosphere, regardless of projections and irregularities on the sides of the cars themselves. The first theory was recently tested by the much-talked-about "wind-splitting" train on the Baltimore and Ohio railroad. The entire engine was provided with a shield fitting over the front of the smokestack like the prow of a cruiser, and the cars were incased in a sheathing that made the exterior one smooth and unbroken surface, from end to end. Although this train developed remarkable speed, it did not meet expectations, and is now being rebuilt to correct certain mechanical defects. When it is given its final tests, accurate measurements of resistance, friction and so on will be made, and then, at last there will be something definite upon which to base our calculations. Strange to say there is no existing data on the subject of atmospheric pressures. The "wind-splitter" advocates claim that their style of construction will decrease the air friction of a train fully 40 per cent and effect a saving

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CEYLON TEA as the standard and worthy of much tea. The only tea in kind on having the acknowledged standard. In Lead Packets, 25, 30, 40, 50 and 100.

A Pleasure to Paint.

Not only to paint, but to have your house painted with a clean honest paint. Paint that lasts. Paint that has a style in color and improves your house.



RAMSAY'S PAINTS

Improve the house. They are valuable paints, but also economical, wear and tear what tells when you paint. Ask your dealer.

R. RAMSAY & SON, Paint Makers, MONTREAL, Est'd 1842.

of about 20 per cent in fuel. If that proves to be the case, the railroads of the country will not be long in adopting it, especially as the system can be applied to old cars without any great expense.

Pain Banned as if by Magic.
Nervine—nerve-pain cure—is a positive and almost instantaneous remedy for external, internal, or local pains. The most active remedy hitherto known falls far short of Nervine for potent power in the relief of nerve pain. A trial will demonstrate.

Real Gratitude.—Tramp, to Chippie, who has given him a shilling.—"I owe a shilling, sir, you may want a shilling, sir, that I'll be able to give to you!"

Tea merchants are under the impression that Ceylon and India Green Teas will displace all Japans in Canada before long. The "Salada" Tea Company are introducing them in their sealed Lead Packets. They are the most delicious Green Tea ever offered the public.

Suggestion.—Wife—We need a new set of china, dear. This one is nearly gone. Husband—Why don't you wait until we get a new cook and start over?

STRICTLY TRUE.
In every respect and attested by the testimony of thousands that Putnam's Painless Corn Extractor is a sure and painless cure for corns, the claim that it is just as good made by these endeavoring to pull off imitations for the genuine only proves the superiority of "Putnam's." Use only Putnam's Painless Corn Extractor. Sure, safe, painless.

What makes you look so gloomy? I just had an awful shock. Did you really? Yes, I just heard a man who is the same age as myself referred to as old.

Messrs. James Epps & Co., Ltd., of the well-known Cocoa Manufacturers of London, have just issued an exceedingly tasteful little medal in aluminium for distribution amongst their numerous customers and the public generally. It is called the National Medal of the United Empire, and having been struck on the termination of the war in South Africa, it forms at the present time an interesting souvenir of the Mother Country and her various colonies, typical figures of each being represented thereon. A pretty scarlet ribbon and a suitable inscription completes its equipment, and we feel sure that all sections of the public will be eager to possess Messrs. Epps & Co.'s patriotic medal.

That man says his merry-go-round is one of the finest in this country. Yes; I heard him bragging that his patrons were in the best circles.

MONTREAL HOTEL DIRECTORY.
The "Balmoral" Free Bus Am. Plan. Avenue House—McGill College, Avenue Family Hotel rates \$1.50 per day.

Kind Stranger—My little man, do you not get dreadfully tanned in the summer? Little Johnny—Now, Paw ticks me in summer; but de teacher tans me every day in de winter.

FOR OVER FIFTY YEARS
Mrs. Winslow's SOOTHING SYRUP has been used by mothers for their children's teething. It soothes the child, reduces the cure, allays pain, cures colic and is the best remedy for diarrhoea. Each bottle sold by all druggists throughout the world. Beware of cheap imitations. Get the "Mrs. Winslow's Soothing Syrup."

The Landlady—Oh, Mr. Strivers will come back fast enough. There's no danger of his leaving this house. He knows on which side his bread is buttered. The Undisciplined Boarder, sotto voce—When he is away from from here—oh, yes, very likely.

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Gold was discovered in California in 1848. Blue Ribbon Ceylon Tea was not to be had until 1895.

UNREQUITED

"How is your poor brother's protégé the little maid I attended through a bad attack of typhoid fever?" asked Stokes, by-and-by. "I was surprised to see what a fine grown woman she had become when I met her in the park the other day."

"Well, the fact is we are in some trouble about her. She has chosen to leave us abruptly, without explanation or apology, and—and—we are generally anxious about her," answered Lashmar, forgetting himself.

"Oh, but I don't see why you should be anxious. I suppose she has gone to some situation that she likes better. But I am disappointed in her for I always thought her a head and shoulders above the common type of girl."

CHAPTER XXI.

Mr. Nestorius's telegram was received when Lord Lashmar returned to the castle, and Nestorius himself arrived at half-past nine o'clock the following morning, startling the select few who remained after the shooters had retired off to their sport.

"Why in heaven's name did you leave this house?" exclaimed Nestorius, alone with Lashmar in the study.

"What can it mean?"

"It means that I am a brute," answered Lashmar, "I set my face against her from the first; I was resolved to get nothing but evil from her. I was hard, cold, cruel, pitiless. Her youth blighted by hard usage never entered one plea in her defence. And then when I came back to the castle the other day and saw her grown to graceful womanhood, saw her strange and spiritual beauty, I was angry with myself for allowing her to be superior to me, staid, for I was the lie to all my prejudices. I set my face against her from the first, and I threw herself at your feet and at your hand and I was mad with love at the spectacle. I accused her of trying to entrap you with an artful play for high stakes."

"You accused her of trying to entrap me?" cried Nestorius. "But I do that, Lashmar? What if I told you that I had just asked her to be my wife, asked her with as earnest a treaty as ever man made to the woman of his choice? I had so asked her and she had refused me. It was friendship, gratitude, which she offered me on her knee—all unwelcome as I am. Love she could not give me."

"She refused to marry you, your mother's slave?"

"Yes, it is strange, is it not? I have not seen enough of the world to have learnt how to sell herself to the highest bidder. She has curious primitive notions that a woman can give herself in marriage to a man she loves, and she does not love me."

"She is a strange being," murmured Lashmar, "You are very merciful in your silence," he said, after a long pause. "But no upbraiding could bestow upon me could increase my sense of my brutal folly. All sorts of horrors have presented themselves to my mind, even the idea of suicide, that she might have rushed down the river and flung herself into it."

"No, no," interrupted Nestorius quickly. "I have no fear of such a foolish folly. My only fear is for the dangers to which her absolute ignorance of the world might expose her."

"She was penniless," said Lashmar, "unless—Lady Carminow suggested—she had borrowed money."

"Did Lady Carminow make the suggestion? How like Lady Carminow, she had no money from me, my child?"

"You say that she has literary suggestions," said Lashmar, "and you imply that she has talent for writing."

"She has more than talent, Lashmar, she has genius—original genius—rarest gift in these days, of imitative art. But I will not ask you to believe this upon my assertion. You shall judge for yourself, if you will allow me to ask for my letters here."

Lashmar rang the bell and Mr. Nestorius's letters were brought, among them a packet of printer's proofs, which Nestorius opened, unrolled and arranged in sequence with the deftness of hands accustomed to dealing with proofs.

"Read for yourself," he said, "when you have an hour's leisure. That is the beginning of Stella's story. I read the whole of it in manuscript. Lord Lashmar gave a detailed account of his efforts in Brumm. He blushed like a girl when he came to the story of his hunt for a churchwarden, and his call upon Mrs. Minchin. "It was utter foolishness, of course, inspired by a silly woman."

"Yes, no doubt it is all foolishness," answered Nestorius thoughtfully, "and yet how we all hanker after it, that mysterious something, beyond the border-line of hard fact I'll go with you to the sibil after this afternoon if you like—after we have seen the police and heard what they have done for us. And now I am off to my old friend Verner, who may be in Stella's confidence."

W. P. C. 1946