

About the ...House

SELECTED RECIPES.

An Economical Dish.—Chuck steak it "tendered" and well larded with fine clear suet. It is then spread out and dredged with flour. Next peas, potatoes carrots and bits of celery are cut into dice and strewn over it. It is then rolled over and over and the ends well secured by strings or skewers. Afterwards this is placed in a casserole, in which is good beef gravy, a bay leaf or two and a few pepper corns, and allowed to simmer till meat and vegetables are tender.

Potatoes and Bacon.—A delicious breakfast or luncheon dish is potatoes stewed with tender bacon. Cut the bacon into large dice and fry until very slightly colored. The bacon should not be allowed to crisp. Drain and mix with creamed potatoes prepared in the usual manner, that is, cut in cubes, and warmed in a rich cream sauce. Let the potatoes and bacon simmer for a few moments before serving that the two flavors may have a chance to mingle. Sprinkle with minced parsley.

Escalloped Cauliflower.—Cold cauliflower can be made to do duty as a brand-new dish on the following day by being escalloped. Break up the sprigs and cover with boiling milk in which a tablespoonful of flour and butter have been blended. Season to taste. Cover the top with grated bread and put in oven to bake, moistening during the process by basting with the milk in which the cauliflower is cooking.

Way of Cooking Rice.—Fry well-boiled and cooled rice in a little fresh butter, with a sprinkling of grated nutmeg, and pepper and salt to taste; when quite hot in the pan add the whites of some hard-boiled eggs chopped fine, and also a dried haddock, boiled and shredded, first removing the skin; mix well, pile up into a cone on a hot dish, and decorate the top of it with the yellows of the eggs rubbed through a wire sieve and mixed with a little grated cheese; garnish with fried croutons round the base; stand the dish in the oven for five minutes to make quite hot, and to give a slight golden tint, and serve immediately. The Illustrated London News suggests still another appetizing method of cooking rice. This begins with boiling the rice with onions, then frying it in flat or cork-shaped portions, and serving with a brown sauce poured around them. Or the rice can be mixed with beaten eggs, salt and pepper to taste, and a pinch of mace and saffron and finished in the oven.

Rollmups.—These little spicy rolls of fish are a German conceit and very tempting, particularly when served for breakfast with French fried potatoes and crisp radishes. To prepare, select plump salt Holland herring; remove the backbone and divide lengthwise into two and soak for six hours in cold water; drain and on each piece lay three peppercorns, a tiny piece of a bay leaf, a bit of lemon peel, two or three cloves and half a teaspoonful of chopped onion; roll up, tie with thread, or fasten with tiny skewers and place in a crock; heat sufficient vinegar to cover the fish and pour over it, repeat this process for three mornings, when the rollmups will be

ready to serve. If the vinegar is very sharp dilute with water to the amount of a third.

Cooking Fruit in the Oven.—Many fruits are richer and better for being cooked in the oven, instead of stewed on top of the stove. This is especially the case with apricots, prunes and apples. All fruit cooked in the oven should be closely covered to prevent its browning. It should be cooked slowly, care being taken that it does not dry on the dish. This will not happen if it is well covered with water at first and taken from the oven when the water and sugar have boiled down to a rich jelly. In most cases the fruit should be cooked about half a day, or for several hours. A stoneware pipkin or a heavy earthen pudding dish, covered with a plate, is the best thing to cook fruit in. Prunes, if cooked in this way, should be sprinkled with fine shavings from the yellow rind of an orange. They "dry down" easily and therefore should be tightly covered and cooked slowly. Apricots should be cooked a long time. After the sugar is added take off the cover and let the fruit glaze a little but not harden.

HOUSEHOLD HINTS.

In cleaning coat collars, vests, etc., instead of using a cloth to apply the naphtha try an old toothbrush. Velvet can be best cleaned in this way.

It is alleged—we know not with how much veracity—that a small uncorked vial of kerosene oil placed in the clock case will evaporate rapidly enough to oil its bearings.

A contributor says she covers her comfortable first with mosquito net, tying in the usual fashion. Then she puts on the regular cover, of whatever material she pleases, tying once in about six inches. Any time the outside is soiled it can be removed, washed and put back. The advantage is that the cotton is not wet and thus remains in better condition. If in addition, this contributor will hang her comfort in its stripped condition before a fire or in hot sunshine she will find the cotton in it "livened up" to a considerable degree.

Chicken broth made from the feet of fowls is no new thing in French kitchens. Immerse in scalding water to skin the feet and place in a saucepan with cold water. Let the water just bubble for several hours, when strain and season. This is a great addition to cold sliced chicken, as it jellies when cold.

Before washing linens embroidered with blue, or the pretty light blue Japanese linen embroidered in white soak for an hour in cold water in which an ounce of sugar of lead to each gallon of water has been dissolved.

Apricots are rather insipid eaten raw, but they make many delicious desserts. Apricot jam and marmalade are easy to make, and form the basis of a number of dainty dishes. An omelet spread with apricot jam and sprinkled with powdered sugar is very good. A custard pie with a layer of apricot jam spread over the under crust is also recommended.

Lamb stew is very much improved by the addition of curry powder, especially if it is a rechauffee or "left-over." Made of cold roast meat with fresh raw potatoes and the curry it becomes a delicious entree, deserving of a more euphonious name than "stew."

A sandbag is said by Health to be greatly superior to a hot water bag, which many people prize so highly. Get some clean, fine sand; dry it thoroughly in a kettle on the stove; make a bag about eight inches square of flannel; fill it with the dry sand, sew the opening carefully together, and cover the bag with cotton or linen cloth. This will prevent the sand from sifting out, and also enable you to heat the bag quickly by placing it in the oven or on top of the stove. After once using this you will never again attempt to warm the feet or hands of a sick person with a bottle or brick. The sand holds the heat for a long time.

KITCHEN DONT'S.

Don't litter up the kitchen when getting a meal, because it will take hours to "clean up" after the meal is over.

Don't put a greasy spoon on the table. It leaves a stain which requires time to erase. Put it in a saucer.

Don't crumple up your dish towels. Rinse and hang them in the sun.

Don't pour boiling water over china packed in a pan. It will crack by the sudden contraction and expansion.

Don't black a stove while it is hot. It takes more blacking and less polish.

Don't put damp towels and napkins in the hamper. Dry them first or they will mildew.

Don't use knives for scraping the table and pots.

Don't pour boiling water and soap on greasy spots. Moisten the spots with a cold saturated solution of soda, then scrub them with the grain of the wood, using cold soapsuds.

Don't put egg dishes into hot water—it makes the egg adhere. Soak the dishes first in cold water.

Don't put tin pans on the stove to dry. They become heated, the solder loosens and they soon leak.

Many a good man has been made to realize the hardness of the world by stepping off a moving car backward.

WIRELESS MUSIC.

London Restaurant Has a New Slot Machine.

Music by "wireless" electricity while you take your refreshments is the latest novelty, and a few years hence will doubtless see restaurants and cafes fitted with slots in each table, in which you will place your penny and music will start in some distant corner.

At present the invention is only in an experimental stage, and seen at work in the Duke of Grafton, in Euston road, London.

On the counter of the saloon bar is a large box with a slot in the side, on the top being the familiar arrangement of brass balls used for the high-tension sparks necessary for "wireless" work. On the opposite side of the room is a polyphon, from each side of which project metal receivers to catch the "waves."

You put a penny in the slot, "sparking" from the brass balls is seen, and the waves sent out make an electric contact inside the polyphon, which at once commences to play.

The idea originated with two Englishmen, Messrs. Harrison and Smith, who made their model six years ago, before "wireless" telegraphy had become familiar to the general public.

A WEAK HEART.

THE INTERESTING EXPERIENCE OF A ST. CATHARINES MAN.

Had Suffered for Twelve Years and Was Ultimately Cured Through the Advice of a Friend.

"Twelve years ago," says Mr. Wm. Emery, of Welland Avenue, St. Catharines, "I was living in the town of Gananoque, and the physicians there told me I had heart disease. From that time and up to four years ago I often had severe spells of the trouble. The least exertion would bring on violent palpitation, and at other times I would become dizzy, nervous and frightened and my heart would almost cease to beat. I became reduced in flesh and insomnia followed. I was hopeless of finding a cure, for I had been treated by an experienced doctor, and had taken many advertised remedies without getting any benefit. One day a neighbor strongly advised me to try Dr. Williams' Pink Pills and acting on his advice I got a half dozen boxes. I soon found much relief through the use of the pills, and after continuing the treatment for a couple of months I was again enjoying perfect health. I have not since had any return of the trouble and I feel safe in saying that the cure is a permanent one, and I can strongly advise the use of Dr. Williams' Pink Pills to all who suffer from similar trouble." The reporter can only add that Mr. Emery is well known in St. Catharines, is a prominent worker in Methodist circles, and has the highest respect of all who know him.

If you have any symptoms of heart trouble, neuralgia, indigestion, rheumatism, anaemia or any of the numerous troubles caused by poor or watery blood, you will find new health and strength in a fair use of Dr. Williams' Pink Pills. Do not waste money or further endanger your health by the use of substitutes—get the genuine pills with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around every box. Sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for \$2.50 by writing the Dr. Williams Medicine Co., Brockville, Ont.

WHERE IVORY COMES FROM.

Elephant Cemeteries Give Bare Supply.

Calculations as to the number of slain elephants represented by the acre of ivory displayed before the Queen at the London docks point to the fallacy which still prevails that elephants are killed for their tusks.

"More ivory is sold each year in London," said Mr. Hales, the largest ivory broker in the metropolis, "than would be produced if all the elephants in the world were killed."

"The ivory supply comes from the vast stores," laid up for generations by the native chiefs. They know where the elephants' cemeteries are, for these animals go to a certain spot to die. This is how ivory is obtained.

"When the chiefs want a little money or other necessities, they barter a portion of their stock. Ivory to them is what gilt-edged securities are to English people."

Mr. Hales pointed out the result of the tax which was placed on the importation of ivory into England.

"It was imposed," he said, "with the idea of stopping the slaughter of elephants, but such a thing is so rare that it did not need any such restriction. As a result of the tax ivory leaves Africa and Egypt by the Congo and goes to Antwerp."

"In 1887 Antwerp did not sell a ton of ivory. Last year it sold 355 tons, against London's 205. In 1887 London's sales amounted to 330 tons.

"Besides elephant tusks, the teeth of seahorses, walrus tusks, and boars tusks are used for ivory."

"The market price of elephant tusk ivory ranges from £15 to £90

Making Converts by Leaps and Bounds

"SALADA"

CEYLON NATURAL GREEN tea by its absolute purity and delicious flavor is displacing Japan tea just as "SALADA" black is displacing all other black teas. Sealed lead packets only. 25c and 40c per lb. By all grocers.

per hundredweight; sea-horse teeth fetch from 7d. a pound to 4s. a pound; and boars' tusks 1s. 3d. a pound."

SNATCHED FROM THE RAILS.

Brave Brakesman Saves the Life of a Little Child.

Facing danger to save life is always heroic, but to save life as a certain brakeman lately did it requires not only bravery, but rapid and intelligent action. The St. Louis Globe-Democrat prints a thrilling account of an adventure on the Missouri Pacific Railroad. The train was late and heavily loaded, and on a down grade the engineer, to make up for lost time, "turned her loose," and the cars flew over the hill at a tremendous speed.

About half-way down the grade Brakeman Rosenbrook's pipe went out, and he went forward to the locomotive to get a light. On that little incident hung the life of a two-year-old baby. As the brakeman entered the cab, the engineer said to the fireman:

"What's on the track ahead, Bill?" "Looks like a man sitting on the rail," answered Bill. "Guess he'll move when we whistle for the crossing."

The heavy train rushed on, and a moment later the whistle sounded. Then the bundle moved, but instead of getting off the track, it stepped right between the rails and calmly waited.

"It's a baby!" groaned the engineer, as he shut off steam and called for brakes. But no power could stop that train in that short distance. The fireman was speechless; the engineer, with gray face and staring eyes, was sounding his whistle, hoping to scare the infant from the track.

Suddenly the window of the cab was thrown open, and Brakemar Rosenbrook crept out and along the narrow running-board. Clinging to the hand-rail with one hand, he made his way along the side of the swaying locomotive, and in a moment had reached the pilot.

The shrill danger-signal, sounding continuously, brought a woman to the door of a small farmhouse near the track. With a scream she started toward her baby. But only the one grab which Rosenbrook would have-time to make stood between the child and death; and the shock of that grab might throw the man from the pilot and cost him his own life.

"When within a few yards of the little girl," says the brakeman, "I saw her lift her face and look at me. Her blue eyes were troubled; something was wrong, but she did not know what it was."

The moment arrived. The locomotive was upon the child, when with one grasp, Rosenbrook swept the little girl from her feet and jerked her clear off the track. So great was the shock that the man was thrown backward against the pilot. With a great effort he steadied himself and held on to Alice. A hundred yards farther on the heavy train came to a standstill, and Rosenbrook stepped from the pilot. The baby had not uttered a cry, but when

her rescuer stood on firm ground she whispered:

"My mama wants me."

At the same moment the mother rushed up and clasped the little girl to her heart. The engineer and the conductor came running forward and shook Rosenbrook's hands, incoherently murmuring all sorts of promises about "reporting to headquarters" and "promotions."

But Rosenbrook simply begged a match, lighted his pipe, climbed to the top of the train and signaled to go ahead.

DON'TS FOR YOUNG MOTHERS.

Don't give baby a sleeping draught, soothing mixture or opiate of any kind except by the order of a competent doctor who has seen the child. Remember that all so-called soothing mixtures contain dangerous opiates. If your child is restless give it Baby's Own Tablets, as they are absolutely harmless and in a natural way promote health-giving sleep.

Don't give medicine to check the movement of baby's bowels in diarrhoea except on the advice of a doctor. Feed the child sparingly and give Baby's Own Tablets to cleanse the bowels or irritating secretions. Keep the abdomen warm. This treatment will cure diarrhoea.

Don't give a young child harsh cathartics, such as castor oil, which gripe and torture. Baby's Own Tablets have a gentle laxative action and never fail to cure constipation.

Mrs. J. D. Cilly, Heatherton, Que., says: "I have used Baby's Own Tablets for stomach and bowel troubles and have always found them a most satisfactory medicine."

Don't fail to keep Baby's Own Tablets in the house. Sold by medicine dealers or by mail at 25 cents a box by writing the Dr. Williams' Medicine Co., Brockville, Ont.

SALT MINES IN CHINA.

At Taku, in China, an immense number of horizontal windmills are to be seen along the seashore. From time immemorial such windmills have been employed to pump sea water up into reservoirs on the land level where the wind and sun evaporate the fluid, leaving the salt. This salt contains a large quantity of bitter matter, giving it a most disagreeable taste to the European, but the Chinaman apparently does not object to it. From Taku the salt is carried in blocks resembling loaves of bread to Tien-Tsin, whence it is distributed all over the country.

AUSTRALIAN REBELLION.

Elaborate preparations are being made for the celebration in November in Ballarat, Australia, of the fiftieth anniversary of the rebellion there in 1854, when the miners burned their mining licenses declared independence and hoisted the Southern Cross flag in place of the Union Jack. The rebellion ended with a fight on December 3, in which twenty-six miners and three soldiers were killed. But the captured miners were acquitted on trial.

Be Ready for Croup

And Protect Your Children by Keeping in the House

Dr. Chase's SYRUP OF Linseed and Turpentine

THE THOROUGHLY TESTED AND RELIABLE FAMILY MEDICINE.

To overcome croup you must act quickly.

There is usually no time allowed for sending for doctors or medicines. The hollow, croupy cough at midnight may be your first warning, and this will strike terror to your heart if you are not prepared to fight this disease.

It may be of little use to know that Dr. Chase's Syrup of Linseed and Turpentine is a positive cure for croup if it is not to be obtained at the critical time.

Most persons who have tested this treatment for croup keep a bottle at hand, so that by prompt action they can prevent the disease from reaching a serious stage.

Dr. Chase's Syrup of Linseed and Turpentine is composed of simple ingredients of unquestioned curative power, is pleasant to the taste, well liked by children, and can be used with perfect safety by old and

young, so long as directions are followed.

MRS. GEORGE BROWN, 71 Harbor street, Toronto, writes:

"Our children have been very subject to croup, and we have found that Dr. Chase's Syrup of Linseed and Turpentine has always brought relief. By using it at the first sign of trouble the disease is checked at once. We always keep this remedy in the house, and, in fact, feel that we could not do without it. We also use it for coughs and colds with excellent results, and recommend it to our friends."

Dr. Chase's Syrup of Linseed and Turpentine, 25 cents a bottle; family size, three times as much, 60 cents, at all dealers or Edmanson, Bates & Co., Toronto. To protect you against imitations, the portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.

CONSUMPTION

Right food=right medicine=right time=these three things are of the utmost importance to the consumptive. Right food and right medicine—these are contained in

Scott's Emulsion

of pure cod-liver oil. Right time is at first sign of disease. Right time is now.

Scott's Emulsion always helps, often cures. Ordinary food helps feed. Fresh air helps cure. Scott's Emulsion does both. Begin early.

We'll send you a little to try if you like. Scott & Bowne, Toronto, Ont.