

About the ...House

DOMESTIC RECIPES.

Preserved Quinces.—Pare and core the fruit, dropping it as prepared into cold water. When all are pared drain and weigh them. Put into a kettle, cover with boiling water, stew till a straw will pierce them easily; then, with a skimmer, remove them to a large dish, avoiding breaking the pieces. Make a syrup with three-quarters of a pound of sugar and one cup of the water in which the quinces were cooked to each pound of fruit. Boil and skim this until it is a rich syrup; put the quinces in it and cook, very slowly, till they are clear. Preserves made this way are delicious and not at all like the tough "chippy" quince prepared without the previous cooking or cooked with the sugar. One can add one-half sweet-apple (cooking the two fruits separately the first time) and the preserve will be much more delicate than if all quince.

Quince Marmalade.—For this the imperfect quarters of the fruit cut for preserves can be used. Prepare the fruit as directed above, only using as little water as will cook it. When thoroughly soft, add the sugar, allowing three-fourths of a pound to a pound of fruit. Cook till a homogeneous mass, not too thick, for marmalade should not be "cheesy." One should have an asbestos mat to put under the kettle, as marmalade burns easily. A considerable proportion of sweet-apple can be used to advantage with the quinces.

Quince Jelly.—This is generally made of the parings and cores of the quinces. The jelly is better flavored if the seeds are removed. Cover the parings with water and cook till tender, and strain the juice in the usual way. Boil the juice twenty minutes, then measure and to each pint allow a scant pound of sugar. Let boil up after the sugar is added and fill into the glasses.

Scotch Shortcake.—Scotch shortcake is made thus, when a simple desert is wanted: Make an ordinary cookie dough, flavoring with either lemon or vanilla, and cut into forms. Butter each lightly and sprinkle with the candied seeds of various colors obtainable at the confectioners. Bake in cookie tins and serve hot or cold.

Stewed Fish.—Stew any of the white-fleshed fishes with sliced carrots, turnips and onions, a bit of celery root and parsley until rather tender. Then strain out all vegetables from the cooking water; add one-half cup of white wine vinegar (for each pound of fish); also sliced and pared lemons in the same proportion. Let the fish finish stewing and lift it out carefully on a platter. Add the beaten yolks of egg to the liquid, stirring carefully to prevent curdling, until a thin custard has been formed. Threw this over fish.

Simmered Fowl.—No matter how tough or hopeless a fowl may seem roast it first to give the meat a flavor. This must be done slowly and carefully, basting at frequent intervals. When it is nicely colored, split down the back and lay it flat in covered ham boiler. Pour in all the gravy from the roasting pan and rinse same well with an equal quantity of hot water. Add a liberal

helping of canned tomatoes to gravy and dot the surface of the fowl here and there with tiny bits of onion. When these have become roasted, dredge with four hours of simmering. A fowl thus prepared will keep a week, and while it tastes delicious cold, does not betray the least warmed over taste when heated through. It should be kept covered and allowed to remain in the spot in which it was cooked without being removed from the gravy, to which a little hot water may be added when required.

HINTS FOR FALL CLEANING.

The common kerosene oil is of inestimable value in house cleaning, as it will help to clean furniture, wood-work, linoleum or oilcloth; and rotten stone made into a paste with kerosene is all that is required for polishing brass that simply needs brightening. Use equal parts of vinegar and kerosene for cleaning linoleum and oil-cloth, and it not only removes the dirt but leaves a glossy surface.

Finger marks will sometimes disappear from furniture if they are rubbed with a bit of flannel dipped in sweet oil, and a good polish for varnished furniture is equal parts of vinegar, sweet oil and spirits of turpentine; but if very soiled the furniture should be washed first with warm suds and then rubbed dry with a soft cloth. Soiled wool may be brightened with crude petroleum, rubbing hard with a woolen cloth, and afterwards rubbing dry.

To clean white wood work, just rub with a soft, dry cloth and then with soft water and whitening; wood with a varnished finish should be cleaned with weak tea, and polished with a mixture of one part olive oil and two parts vinegar.

If your carpet is beginning to show wear and look dingy, change the breadths from the centre to the sides; and if the carpet needs cleaning, tack it to a clean floor and scrub it with a lather of soap bark, then rinse with clear, warm water, and rub as dry as possible with soft, dry cloths and leave on the floor until perfectly dry, then the carpet can be lifted and the paper placed underneath.

When blankets begin to wear, they can be cut through the centre, the sides whipped together and the edges hemmed. Partly worn sheets can be renewed in the same way. Both the cotton and woolen blankets should be washed while they can be dried in the warm sunshine and they can be made soft and white by washing them through a warm pearline suds and then rinsing carefully, but they should be well shaken to free them from dust and lint before they are put in the suds. After they have been washed and dried, tack a strip of soft muslin across the blanket over the end that comes next to the head and the blanket may be kept clean twice as long.

HOUSEHOLD HINTS.

Somebody has discovered that if warm water is used to sprinkle starched clothes they will be stiffer. Beets, a digestible and also nourishing vegetable, require from ten to fifteen minutes longer in cooking than potatoes.

An impoverished double boiler may be made of a kettle, a small pail and the top of a tin fruit can with a hole in it. Place the tin in the kettle, set the pail on it, fill up with boiling water, and "there you are!"

Macaroni, whether used with cheese, tomatoes or soups and broths, should be cooked thirty minutes in boiling salted water first. Keep boiling constantly, then drain and drop into cold water to whiten. It is then ready for use with the cheese, etc.

Water, says a culinary authority, should not be used to baste meat. It toughens it, whereas hot fat makes it tender. If there is not enough fat in the meat to provide material for basting, heat some fat very hot and baste the meat; there will then be enough in the pan for the purpose.

Pretty rag rugs are made by preparing the rags as for carpet, coloring them all one color, as green or brown, and having them woven in the desired lengths. By using a colored warp a contrast in color may be obtained.

RULES FOR HUSBANDS.

If your wife frowns at you, smile at her.
If she smiles at you laugh with her.
If she is angry soothe her.
If she is gracious thank her.
If she is wise praise her.
If she is economical commend her.
If she is extravagant explain to her.
If she sacrifice her pleasures for you be generous with her.
If she is beautiful appreciate her.
If she cooks well compliment her.
If she is lonely stay home with her.
If she is tired tend her.
If she doubts you be frank with her.
If she grieves be tender with her.
If she is hysterical ignore her.
If she is flighty be firm with her.
If she is good adore her.

CURZON'S BAD WRITING.

The Rapid Review says that Lord Curzon's writing was so bad at Oxford that when he wrote to a relative and to a friend with whom he was wont to be candid about that relative's shortcomings, and put the letters into the wrong envelopes, no harm resulted. His kinsman surmised that the illegible scrawl must be a request for money and favorably responded on that hypothesis.

JAP SOLDIERS' LETTERS.

Secrecy is Preserved as to Movements of the Army.

A minor proof of Japanese efficiency may be seen in their methods of handling the correspondence of an army in the field. The authorities in Japan are not troubled by disgruntled privates writing home about ill-treatment and bad food, and uncomfortable beds, and thus stirring up M.P.'s to descend upon the Administration and the War Office. The Japanese soldier, so an American army officer reports, is allowed to send nothing home in the way of mail, but a card, containing no information save that he is well. He is not allowed to tell where he is. Instead of writing with a pen or pencil, he affixes his name to the card with a stamp. The cards are then taken back to Japan in large packages, and put into the mail there, so that a card on reaching its destination contains no postmarks to inform the folks at home of the writer's whereabouts.

NEURALGIC PAINS.

ARE THE CRY OF THE NERVES FOR BETTER BLOOD.

Enrich the Blood and Neuralgia Will Disappear—It is Only Those Whose Blood Is Poor and Watery That Suffer.

No part of the human system is more sensitive than the nerves. Many of the most excruciating pains that afflict mankind come from weak, shaky, shattered nerves, and among the nerve pains there is perhaps none causes more intense suffering than neuralgia, which generally attacks the nerves of the face and head, sometimes causing swift, darting, agonizing pains—at other times a dull, heavy aching feeling which makes life miserable. There is only one way to get rid of neuralgia and other nervous troubles, and that is through the blood. Poor, watery blood makes the nerves shaky and invite disease. Rich, red blood makes the nerves strong, and banishes all nerve troubles. No medicine in the world can equal Dr. Williams' Pink Pills as a blood builder and nerve tonic; every dose helps to make rich, red blood, and ever drop of this new blood feeds and strengthens the nerves and banishes all nerve aches and pains. Among those who offer strong proof of this is Mr. John McDermott, Bond Head, Ont., who says: "A few years ago while working as a carpenter in Buffalo I got wet. I neglected to change my clothes and next morning I awoke with cramps and pains throughout my entire body. I was unable to go to work so called in a doctor. I followed his treatment, but it did not help me. As I was unable to work I returned to my home at Bond Head. Here I consulted a doctor who said I was suffering from neuralgia but though he treated me for some time, he also failed to help me. I had often read of Dr. Williams' Pink Pills, do decided to try them. I had not used more than three boxes before I felt they were helping me. From that on I gained day by day, and after I had used some ten boxes I had fully recovered my old-time strength and have since been able to work at my trade without any trouble. The pains and aches no longer torture me and I have gained in weight. I think Dr. Williams' Pink Pills an invaluable medicine and shall always have a good word to say for them."

Neuralgia, sciatica, rheumatism, St. Vitus dance, and the many other blood and nerve troubles all vanish when Dr. Williams' Pink Pills are used—but you must get the genuine bearing the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around every box. Sold by druggists or direct by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

WHY THE LEAVES TURN.

Provision is Made by Trees for Winter Rest.

When the leaves begin to turn, most of the people who admire the beauty of the woods then say, "How wonderful!" never wonder what it is that changes the green into the splendid glowing tints of autumn.

Ask nine persons out of ten, and if they hazard a guess at all they will probably say that the frost has tinted the leaves. But the frost has nothing to do with it. Leaves colored by a frost look quite different from leaves colored in the due course of nature.

The coloring of the leaves is due to a genuine preparation for winter which goes on among the trees and shrubs, just as it does in the animal world.

The leaves, as you know, are the feeders of the trees. Now, as the autumn arrives and the time approaches when the leaves must suspend their functions, there is a great hurry in the arteries and veins of the plants to attract all the nourishment that is left, and to store it away deep in the trunk and branches, to stay there through the time of frost and snow.

This increased activity, which sets all the tiny pumps or cells working from root to crown, extracts the

More Delicious

in flavor than the finest Japan tea grown

"SALADA"

CEYLON NATURAL GREEN tea is fast becoming as popular as "SALADA" Black tea. Sold only in lead packets. 25c and 40c per lb. By all grocers.

matter from the leaves which is known as chlorophyll, and which serves to give the leaves their bright green colors. All the albumen and starches in the leaves are changed into liquid at this time and pumped busily into the storage houses under the bark, where they are preserved, safe and sound, till the following spring, when they furnish food for new leaves and sprouts.

The most prominent color of an autumn scene is yellow. This yellow is caused by waste matter—stuff that is left behind as useless when the little pumps take in the material that makes the green color; and crystals of lime that were left when the chemical factories of the plant turned the albumen into liquid so it could be pumped, also help to make the yellow.

To change the starchy matter into sweet liquid, another chemical process is used, and as it does not succeed well if the light is too strong, the plants manufacture a curious substance, which turns red the moment it touches any of the many acids that exist in almost all leaves.

Thus, the red, yellow and orange colors of the autumn woods are anything except mere tricks of nature intended only to delight. As everybody knows, these tints are especially powerful for resisting the passage of the sun's rays. Furthermore, they have the property of changing light into heat. This heat again spurs all the plant's cells to new activity, so the autumn foliage of the woods is by no means a sign of sleep. It is then that the chemical laboratories are at their most feverish toil.

NOTES FROM JAPAN.

What Is Going on in the Land of the Rising Sun.

Japan has established her up to date system of education in Formosa with much success.

The Japanese Government is in the market for a number of locomotives.

The rice crop prospect in Japan is good. It is nearly 43,000,000 bushels in excess of the average crop of 200,000,000 million bushels.

The Japanese Marine Association will form a volunteer fleet of auxiliary cruisers.

Canada is pushing for sales in Japan. Consuls are being appointed with authority to pay for early statistical information. Sample rooms will be attached to the consulates. Japanese products will be exhibited in commercial museums in Canada.

Japan's foreign trade, for the eight months ended Aug. 31 last, amounted to \$212,000,000, an increase of \$9,500,000 over the same months of 1903. The export of gold has moderated considerably, but the import of silver increased from \$1,130,000 to \$6,585,000, by the requirements of the army in the field.

During August the Japanese banks allowed from 5.5 to 5.9 per cent. interest on deposits, and charged from 7.9 to 9.1 per cent. interest on loans. It is evident that banking in Japan is profitable.

Japanese cotton mill owners are enlarging their plants to meet the increased Chinese demand for Japanese cotton manufactures.

During 1903, 1,548 vessels of 2-

638,493 aggregate tonnage entered the port of Nagasaki, Japan, but only 35, of 140,931 tonnage, flew the Stars and Strips. Japanese vessels made up half the total number and one-third the total tonnage. British ships were 309, of 820,950 tonnage. We are barely in it.

The new harbor at Osaka was opened in July. The first two vessels to arrive were British, as usual. Large warehouses for the storage of cargoes have been erected.

A syndicate in Osaka is organizing a seed oil manufacturing trust.

Of the 467 savings banks in Japan only one is foreign. Of the 1,799 ordinary banks only four are foreign.

In Japan every dishonored check or note is publicly gazetted, consequently very few are dishonored; in Tokio, for instance, with its 1,500,000 population, only 46 per month during the year ended May last.

"The whole conduct of the Japanese shows them to be a people generous and easy, but bold and desperate in their resolutions." Voltaire wrote this 150 years ago, but it is as true to-day as it was then.

By Sept. 2 the Widows and Orphans' Fund raised by the Japanese colony in London had reached \$100,000.

AN AID TO MOTHERS.

It doesn't help a sick baby to give it "soothing" drugs. On the contrary, it lessens baby's chance of recovery. If your little ones show any signs of being unwell promptly give Baby's Own Tablets and see how speedily they will be bright, cheerful well and happy. This medicine is sold under a guarantee that it contains no poisonous soothing stuff, or hurtful drug, and it cures all the little ills of babyhood and childhood. Mrs. W. H. Austin, Farmington, N. S., says: "Baby's Own Tablets are just what every mother needs when her little ones are cutting their teeth. When my little one cries I give him a Tablet and it helps him at once. Mothers who use the Tablets will have no trouble with their babies." Baby's Own Tablets are sold by all medicine dealers or can be had by mail at 25 cents a box by writing the Dr. Williams' Medicine Co., Brockville, Ont.

AIR YOUR BEDROOM.

Take an empty wide-necked bottle capable of holding just 9½ fluid ounces of water. Into this empty bottle pour half an ounce of lime-water. Let the bottle remain uncovered in the room all night. In the morning the lime-water is milky the ventilation is very bad indeed. If the lime-water becomes milky on your covering the bottle mouth with your hand and shaking the vessel the ventilation is not sufficiently good. If the lime-water remains clear the air in that room is pure.

Landlady—"I'll have to request you to pay in advance, Mr. Shortleigh." Shortleigh—"Why, isn't my trunk good for a week's lodging?" Landlady—"No; it looks like one of those emotional trunks." Shortleigh—"Emotional?" Landlady—"Yes; one that is easily moved."

Women Who Are Weak

And Suffer the Derangements Peculiar to Their Sex Find That

DR. CHASE'S NERVE FOOD

Cures Such Ills Permanently by Strengthening the Nerves and Muscles.

Dr. Chase's Nerve Food stands high in women's favor because it is especially successful in overcoming ills peculiar to their sex.

When, on account of a run-down condition of the system, the muscles and nerves fail to control the action of the feminine organism, there is bound to come much suffering.

Headaches, pains in the back and limbs, indigestion, feelings of discouragement and despondency, weakness and irregularity rob life of the joys which would otherwise be possible.

Stimulating medicines cannot possibly be of more than slight temporary relief. To be of lasting benefit the nerves and muscles must be fully restored by such treatment as is afforded by Dr. Chase's Nerve Food.

Not only is the action and vigor of the bodily organs fully restored, but new, firm flesh is added, the form is rounded out, the weight is increased,

and pallor gives way to that healthful glow of complexion which tells of the full enjoyment of health.

MRS. SYMONS, 42 St. Clair St., Belleville, Ont., states:—"Some weeks ago I began a course of treatment with Dr. Chase's Nerve Food, and have found it a very satisfactory medicine. I was formerly troubled with nervous exhaustion and a weak, fluttering heart. Whenever my heart bothered me I would have spells of weakness and dizziness, which were very distressing. By means of this treatment my nerves have become strong and healthy, and the action of my heart seems to be regular. I can recommend Dr. Chase's Nerve Food as an excellent medicine."

Dr. Chase's Nerve Food, 50 cents a box, at all dealers, or Edmanson, Bates & Co., Toronto. The portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.

Smother A Cough

Press your hand hard enough over your mouth and you can smother a cough, but you can't cure it that way. The outside is the wrong end to work on.

Scott's Emulsion

thoroughly cures coughs because it strikes at the root of the trouble. The throat and lungs need a regular system of education to cure an old cough.

The point of value about Scott's Emulsion and coughs is that while Scott's Emulsion does soothe the raw throat and lungs, it also nourishes and heals the inflamed parts.

It replaces inflamed tissue with healthy tissue—the only real cure for an old cough.

Send for Free Sample.

SCOTT & BOWNE, Chemists, Toronto, Ont.