

About the ...House

WITH EGGS.

Frizzled Eggs.—Put a piece of butter the size of a hazel nut in a tea-cup, with a pinch of salt and a little pepper. Break in two eggs without stirring. Set in a pan of boiling water to cook. When the whites are set, serve immediately in the cup they were cooked in.

Eggs for Lunch.—Boil the eggs hard. When cold, take off the shells and divide the eggs lengthwise in halves. Take out the yolks, crumble them in a bowl, adding salt, pepper, mustard, and a little melted butter. When all are well mixed, fill up the hollows of the whites with this mixture and serve.

Eggs for Supper.—Take a little nicely-flavored brown gravy, and put it into a shallow pie-dish which has been well buttered. Place it in the oven, and let it remain until it boils, then take it out and break into it as many eggs as will lie side by side together. Sprinkle seasoned bread crumbs over all, and place the dish again in the oven until the eggs are set. Have ready one or two rounds of toast. Take the eggs up carefully with a slice, lay them on the toast, pour the gravy over all, and serve hot.

Scrambled eggs.—Pour one cup of cream into a frying-pan. When hot, pour in one dozen eggs, previously broken in a dish. Cook slowly, stirring constantly, so that the eggs will be evenly done. Season with pepper and salt, and serve hot.

Two English recipes.—A good ordinary Swiss roll can be made with three eggs and the weight of two in fine sugar and flour. Beat the eggs and sugar together for about twenty minutes till they are thick and white then shake in the flour, also half a teaspoonful of baking-powder. Spread this mixture in a rather thin layer on a tin, with a well-greased paper on it, bake in a quick oven ten minutes, then turn the sponge mixture on to a paper with sugar on it, spread the uppermost side quickly with warm jam, roll up quickly, and leave to set. The chief reason for the breaking of a Swiss roll is too slow baking, or the use of too much baking-powder. The mixture must be light and spongy, not short, and should not take longer than ten minutes to make. To help it to roll easily, cut off the edges, as they are sure to be crisp and short.

The following one for gingerbread is a good one: Put one pound of flour and one ounce of ground ginger into a basin. In a saucepan put one pound of golden syrup, two ounces of sugar, four ounces of lard, butter, or dripping, and let it melt gently, but not boil. One teaspoonful of carbonate of soda goes into half a pint of milk, and two eggs are beaten up ready. When the sugar is melted, add that and the syrup and butter to the flour, beating the liquid in as we do the milk in batter. After that add the milk and soda, well stirred together, and last of all the eggs. Give a final beating, and spread the mixture on a greased papered Yorkshire pudding tin, and bake in a slow oven one hour.

THIN PEOPLE

Food is not all that thin people need. Maybe they're sick. You can't make them eat by bringing them food. But Scott's Emulsion can make them eat. That Emulsion gives a man appetite and feeds him both. It brings back lost flesh.

No trouble about digestion. The weakest stomach can digest

Scott's Emulsion.

It tastes good, too. Scott's Emulsion paves the way for other food. When wasted and weakened by long illness it gives strength and appetite that ordinary food cannot give. Not only food—medicine too—Scott's Emulsion of pure cod-liver oil.

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

MISCELLANEOUS RECIPES

Ham Croquettes.—Cook a slice of onion five minutes in one-fourth cup of butter without browning the butter. Remove the onion, add one-fourth cup of flour, a scant half teaspoonful of salt and a generous dash of paprika. Cook until frothy, add gradually one cup and a half of milk. After boiling five minutes stir in one cup of boiled rice, one cup of cooked ham (chopped) and a beaten egg. Let become very hot, turn into a dish and set aside to become cold. Shape, egg and crumb them and fry in deep fat. Serve with tomato or paprika sauce.

Nut Cookies.—Cream together a cupful of butter and two of sugar. Beat in the whipped yolks of three eggs, add a half-cupful of milk and then the beaten whites. Work in two cupfuls of flour, sifted twice with a teaspoonful of baking powder, and if this does not make a dough that could be rolled out add more flour cautiously, not to have the cakes too stiff. Roll into a very thin sheet strew thickly with kernels of hickory nuts, pecans or English walnuts chopped fine and sprinkled with sugar. Fold the dough once over the nuts, passing the rolling-pin lightly over the upper sheet, and cut into rounds with a cake cutter. Bake in a quick oven, covered for fifteen minutes; uncover and brown.

Braised Beef Tongue.—A fresh beef tongue is very juicy and savory when braised. Wash it thoroughly, place in a kettle and cover with boiling water, adding one heaping teaspoonful of salt. Simmer slowly for two hours, if small, two hours and a half if large. Lift it from the water, remove the skin and trim it at the thick end. It may now be rolled so the tip is s'wered to the thick end or be left straight and flat as preferred. In a saucepan brown two tablespoonfuls of butter; drop into it one-half of a cupful each of diced potato, carrot, and white turnip and one stalk of celery cut fine. Stir and shake together over the fire until they begin to color, then add one quart of the pot liquor, a dozen pepper corns, one-half of a bay leaf, and a sprig of parsley. Boil up once, then pour around the meat, which has been laid in the pan. Cover closely, place in a moderate oven and cook for two hours, basting four times. Transfer the meat to a flat pan and let it brown; rub vegetables and broth through a sieve, then boil down rapidly until reduced to a rich gravy. Thicken with a spoonful of flour, add a tablespoonful of tomato catsup, a half teaspoonful of Worcestershire, and salt and pepper if necessary. The remainder of the pot liquor will serve as stock for soup next day.

Cream Puffs.—One-half pound of butter, three-quarters of a pound of flour, eight eggs, one pint of water. Stir the butter into the water, which should be warm, set it on the fire in a saucepan, and slowly bring to a boil, stirring it often. When it boils, put in the flour boil one minute, stirring all the while; take from the fire, turn into a deep dish and let it cool. Beat the eggs very light, and whip into this cooled paste, first the yolks and then the whites. Drop in great spoonfuls, upon buttered paper, taking care not to let them touch or run into each other, and bake ten minutes.

Cream for Filling.—One quart of milk, four tablespoonfuls of cornstarch, two eggs, two cups of sugar. Wet the cornstarch with enough milk to work it into a smooth paste. Boil the rest of the milk. Beat the eggs, add the sugar and cornstarch to these, and as soon as the milk boils pour in the mixture gradually, stirring all the time until smooth and thick. Drop in a spoonful of butter, and when this is mixed in, set the custard aside to cool. Add vanilla or lemon seasoning; pass a sharp knife lightly around the puffs, split them, and fill with the mixture.

DRESSING FOR YOUR HUSBAND.
This is a thing which many women, who are indeed really fond of dress, never think of doing, not after, say, the first year of married life. Before they were married, or even engaged, they never missed a chance of looking nice in the eyes of these men who are now their husbands, but this is past and gone, and at present, though most admirable wives and mothers doubtless, they will dress for anyone except their husbands. They would not have their neighbors see them untidy; they will not venture out save in irreproachable attire, but at home—well, anything will do, or they think it will. But this is a great mistake, and is of a piece with many mistakes which wives make, and on which the too frequent cooling of marital love results. Alas! that too many women make nets to catch their husbands, and not cages to keep them in! A wife should have more respect for her husband and for herself than to appear untidy and slovenly in his eyes, however early the breakfast. There should always be time to dress properly and neatly. And though due economy necessitated the keeping of out-of-door garments and the newest and best things for the time when she takes walks abroad, yet she should always provide something pretty and pleasing. It needn't cost much for home wear. Curling pins and general untidiness are not calculated to retain any man's admiration, and the wife who willfully undermines this in her husband is but a foolish woman.

AN OFF YEAR.

There are people in England, as elsewhere, who do not believe that the civilian is greatly benefitted mentally, physically or morally by a few weeks' service in the militia; but surely as long as such stories as the one below can be told of any man, his military training is not an un-mixed evil.

An officer in charge of the bath parade at a garrison near the sea, where the amateur soldiers were mainly from the inland and mining counties of England, reports that the first day, as he was watching the men getting ready for their dip, he noticed one who looked very dark. A comrade noticed him also, and said, "Jack, you're pretty dirty!" "Yes," said Jack, simply, "I was not out for last year's training."

A NEW IDEA.

**Tonic Treatment for Indigestion—
New Strength for the Stomach
From New, Rich Red Blood.**

The Tonic Treatment—that is the latest and only scientific cure for indigestion. All the leading doctors of Europe and America are using it with sensational success. No more purgatives, no more pepsin, no more patent foods, no more long diet lists saying "Thou shalt not eat this or that." No more of all this—nothing, in fact, but plenty of new, pure, rich red blood to tone the liver and give the stomach strength for its work. That is the Tonic Treatment for Indigestion.

The tonic treatment is based on the new idea that drugs which digest the food for the stomach really weaken its powers through disuse. The digestive organs can never do their work properly until they are strong enough to do it for themselves. The only thing that can give the stomach and the liver new strength is good blood—and the only thing that can actually make new blood is Dr. Williams' Pink Pills for Pale People. They have long been known as the greatest blood-building tonic in the world, and all the highest medical authorities agree that the one scientific cure for indigestion is the Tonic Treatment. The marvellous success of the treatment has been proved in every corner of the Dominion. One of the latest witnesses is Mr. Joseph Rochette, St. Jerome, Que., who says: "I simply hated the thought of food. Of course I had to force myself to eat, but afterwards I always suffered with dull, heavy pains in the stomach. I seemed to be bilious as well and this caused severe headaches, which further aggravated my unfortunate position. I grew pale, fell away in weight and the trouble seemed to be undermining my whole constitution. I tried several remedies, but without success; a doctor whom I consulted advised absolute rest, but this was out of the question as I had to work for my living. Fortunately for me, one of my friends advised me to use Dr. Williams' Pink Pills, and I decided to do so. After taking the pills for several weeks there was a decided improvement in my condition. Not only was my digestion better, but my general health improved in every way. New blood seemed to be coursing through my veins, bringing new health and strength every day. I took eight boxes of Dr. Williams' Pink Pills altogether, and those who see me now would never know I had seen an unwell day in my life. I owe my splendid health to these pills, and strongly advise every dyspeptic or weak person to lose no time in taking them."

Mr. Rochette's statement is a strong tribute to the Tonic Treatment. Dr. Williams' Pink Pills cured him because they actually made new rich blood for him. These pills go right down to the root of the trouble in the blood and cure that. The new blood they make carries healing health and strength to every part of the body. That is the new Tonic Treatment, and the highest medical authorities now recommend this treatment for all the common ailments such as anaemia, headaches, backaches, rheumatism, sciatica, neuralgia, nervousness, dyspepsia and general weakness. These are all caused by bad blood and therefore are all cured by Dr. Williams' Pink Pills. You can get these pills from any medicine dealer or by mail at 50c a box, or six boxes for \$2.50 by writing to the Dr. Williams Medicine Co., Brockville, Ont.

PARISH OF SEVEN FAMILIES.
Four Made Up of the Clergyman's Congregation.

Rev. A. C. H. Wilson, rector of Morborne, England, an old-world Huntingdonshire parish, has resigned his living. One of the reasons he gives for taking this step is the utter desolation and loneliness of the place. There are only seven families in the parish, and the population is decreasing every year. There is only one communicant, and through illness she has not attended a communion service for six months. Almost invariably the morning congregation consists of the rector's daughter and servant, and a couple of boys. Sometimes the collection in the afternoon, when there is a sermon, amounts to 3s. 6d. and occasionally the offertories for the day realize a shilling. Out of this the incumbent has to find coals and sixpence a week for clean-

Black or Green

both equally Pure, Uncolored, Undoctored, Unadulterated and Unmatchable.

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CEYLON TEA is "Supreme." Sealed lead packets only. Never sold in bulk. 25c and 40c per lb. By all grocers.

ing. Attempts at visitation have not met with encouragement from the parishioners.

In one case a man shook his fist at the rector when visited, and another, who was from home when the clergyman called, wrote a letter threatening dire penalties if he was ever insulted again with solicitations to go to church. Another trouble is the condition of the little red brick cottage, called the rectory, which Mr. Wilson says is tumbling about his ears, though he has spent over 300 pounds on the old place. Mr. Wilson is nearly sixty-one years of age, and begins to feel the strain of his labors. He has to take the services, read the lessons, preach, play the harmonium, and do all the singing. During the past five years he has been instrumental in raising no less a sum than 2,589 pounds for the restoration of the church. He himself headed the list with a donation of 1,000 pounds, and begged the remainder from far and near, his daughter writing no fewer than 2,069 letters. Twelve months ago he wished to retire from the benefice, but was informed that he could not be released until the debt had been wiped out. A lady has now given him a check for the balance, and, in addition, has consented to marry him before Christmas. He says he could not take his bride to such a "health-wrecking rectory."

COALING AT SEA.

**Experiments Have Placed the
Work on a Practical Basis.**

Ever since Admiral Seymour succeeded in coaling the British naval fleet in the Mediterranean during the short campaign of 1882 against Egypt the problem has been regarded as needing only better appliances for its full solution.

In the early days of experimentation it was thought that to coal successfully the colliers and warships must seek the quieter waters inshore, outside of the three mile limit; but with the appliances and methods since invented vessels have been coaled far out at sea and in stiff winds if the water surface were not too tumultuous. The Russians themselves have been prominent in these experiments, and a series of pictures published last spring showed the battleship Retivizan coaling while under way.

The method now used is to have the collier in tow of the steamer to be coaled. An overhead cable extends from the aftmast of the warship to the foremast of the collier and on the cable is a traveller provided with hooks for carrying buckets of coal. The full buckets are sent over to the warship and returned empty. We saw much the same method employed during the building of the subway, the buckets of earth or rock being transferred on the where the wagons were loaded; the sea apparatus, however, has various additions, as for example, an arrangement for taking up the slack of the cable or paying it out as the distance between the vessels varies.

In this way from thirty-five to forty tons of coal have been transferred to the hold of a warship in

an hour while the vessel was steaming at the rate of ten or eleven knots. With a sufficient number of colliers the Russians are not likely to suffer for lack of steam power on their long journey to the other side of the world.

THOUSANDS STARVING.

**Distress Among Workers in the
English Potteries.**

Terrible indeed is the present position of some thousands of working people in the Staffordshire Potteries. The pottery trade has for a long time been far from busy, and the number of iron and steel works and collieries entirely closed down is appalling.

On the outskirts of the Potteries whole villages are particularly on the verge of starvation. Unfortunately, there is no immediate prospect of improvement. Rather is it feared that the distress will become still more acute. The outlook on the threshold of winter has never been so black.

A conference of representatives of London Borough Councils and Boards of Guardians was recently held to discuss the question of the unemployed, and particularly as to the possibility of adopting beforehand some effective measure of dealing with the distress which may be anticipated during the coming winter.

A MOTHER'S PRECAUTION.

There is no telling when a medicine may be needed in homes where there are young children, and the failure to have a reliable medicine at hand may mean much suffering, and, perhaps, the loss of a priceless life. Every mother should always keep a box of Baby's Own Tablets in the house. This medicine acts promptly and speedily, cures such ills as stomach and bowel troubles, teething troubles, simple fevers, colds, worms and other little ills. And the mother has a guarantee that the Tablets contain no opiate or harmful drug. One wise mother, Mrs. Geo. Hardy, Fourchu, N.S., says: "I have used Baby's Own Tablets and find them a blessing to children. I am not satisfied without a box in the house at all times." If your dealer does not keep these Tablets in stock send 25 cents to The Dr. Williams' Medicine Co., Brockville, Ont., and you will get a box by mail post paid.

SISTERS DRESS ALIKE.

In Yucantan, Central America, sisters dress precisely alike, even to the tying of a bow, the turn of a button, or the flower in the hair. In the tropics large families are the rule, and any day you may see in the country girls in groups of from three to a baker's dozen, who belong to the same family, as their clothes will show. It is easy thus to distinguish the members of a family anywhere, and not infrequently the sisters are called by their favorite flower or color.

Imitation and habit are extensively substituted for common-sense and thought.

Control of Bronchitis

is Undoubtedly Possessed by That Well-Known Family Medicine

Dr. Chase's SYRUP OF Linseed and Turpentine

Turpentine is considered a specific for bronchitis.

The difficulty has been in the administration of turpentine so as to reach the irritated and inflamed parts and not be disagreeable to the patient.

Not only has the trouble been overcome by Dr. Chase in his Syrup of Linseed and Turpentine, but he has also combined with turpentine two or three ingredients of almost equal power in soothing and healing the diseased parts and overcoming bronchitis and other dangerous ailments of the bronchial tubes and lungs.

By a secret process these elements of unquestioned medicinal power have been combined in Dr. Chase's Syrup of Linseed and Turpentine so as to be pleasant to the taste and suitable for children and adults alike.

The remarkable success of Dr. Chase's Syrup of Linseed and Turpentine as a cure for bronchitis, asthma, croup and whooping cough

is sufficient evidence that it is effective in ordinary coughs and colds.

MRS. RICHMOND WITHEROW, Shubenacadie, Hants Co., N.S., writes:—"I have used Dr. Chase's Syrup of Linseed and Turpentine with good success. My second daughter was troubled with bronchitis from the age of three weeks. Oftentimes I thought she would choke to death. The several remedies we got did not seem to be of much use, but the first dose of Dr. Chase's Syrup of Linseed and Turpentine brought relief and further treatment made a thorough cure. This trouble used to come back from time to time, but the cure is now permanent. Dr. Chase's Syrup of Linseed and Turpentine has saved us many doctor's bills, and I would not be without it in the house for many times its cost."

Dr. Chase's Syrup of Linseed and Turpentine, 25 cents a bottle, 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 bottle.