

About the ...House

SOME TESTED RECIPES.

Excellent Fruit Cake—One cup of sugar, ½ cup molasses, ½ cup sour milk, 3 cups flour, 2 eggs, 1 teaspoon soda, 1 cup seeded raisins, 1 teaspoon cinnamon, one very scant teaspoon of clove.

Sugar Gingerbread—Two-thirds cup sugar, ½ cup sour milk, 1 egg, ½ cup butter, rounding teaspoon baking powder, 1 teaspoon ginger, flour enough to roll. Roll in two large squares, about 1-3 inch thick, that will fit into iron baking pans. This quantity when baked will cut into 16 thick squares of delicious gingerbread.

Thin Sugar Cookies—One cup milk, 2 cups sugar, scant ½ cup butter, 2 teaspoons cream tartar, 1 teaspoon soda, and just flour enough to roll. Roll very thin and bake in a quick oven to insure crispness. Sift a little sugar over each panful before putting into the oven. These may be made with sour milk by omitting the cream tartar.

Carrots with Brown Sauce—Scrub good-sized carrots and boil until tender, then drop into cold water, and slip off the skins. Cut into small dice. For each pint put into a saucepan one tablespoonful of butter and one tablespoonful of flour, and cook together until browned. Stir in one-half of a pint of beef stock, brown gravy, or boiling water, and when thick and smooth, add one teaspoonful of chopped parsley, one-half of a teaspoonful of onion juice, and salt and pepper to taste. Add the carrots and simmer together for ten minutes. For a variety, an ordinary cream sauce may be used in place of the brown sauce.

Carrot Fritters—Scrub and boil a number of large carrots until tender; then slip off the skins. Mash thoroughly, season with salt and pepper. Add to them one-quarter of their bulk of hot mashed potatoes. Shape into small flat cakes and brown in a little fat in a hot pan.

Fried Carrots—Boil and skin several large, well-shaped carrots. When cool, cut in long slices. Dip each in slightly beaten egg, roll in fine crumbs, and fry in deep smoking fat, or dip each in flour and saute in a pan.

Digestible Rice—Wash the rice thoroughly in two or three waters to remove the starch. Cook it in double the quantity of water for twenty minutes on the front part of the stove. By this time the water will have boiled away. Then remove the cover and set the dish on the back of the stove for fifteen or twenty minutes. By that time the rice should have a "crawly" look; that is, each kernel should look separated from the other, and not a glutinous, salvy mess, which is more hurtful than nutritious. Southern people always cook rice in this way.

Beefsteak Chowder—Cut a generous pound of round steak into strips an inch and a half long and half an inch thick and wide. Cut a two-inch cube of fat salt pork into tiny bits, and cook in a hot frying pan with an onion sliced very thin. When the fat is tried out of the pork and the onion is browned add a quart of boiling

water. Let simmer five minutes, then pour the whole over the pieces of steak. Bring the contents of the saucepan quickly to the boiling point; let boil five minutes, then simmer until the meat is tender. Have ready four or five potatoes, pared, cut in slices, scalded in boiling water, drained, and rinsed in cold water. Add the potatoes with a teaspoonful of salt and one-eighth of a teaspoonful of white pepper to the meat. Add also, if needed, boiling water to cover the potatoes. Cook until the potatoes are tender, then add a cup and a half of rich milk. Split half a dozen crackers and dispose them in a soup tureen. Pour over them the chowder and serve at once.

Wild Duck—To roast, put a dozen cranberries inside, and cook the duck in a hot oven eighteen or twenty minutes. While these are cooking set into the oven thin slices of choice mild-cured bacon, rolled and fastened with toothpicks; turn these as needed until they become crisp and browned throughout. Serve around the duck on rounds of cooked hominy, egg, crumbed and fried. The cranberries give it a delicious flavor. Some housewives chop a small piece of salt pork fine and put it in the duck. It is supposed to remove the strong taste from wild duck.

CARE OF THE FLOORS.

The care of the various floors of the house is not the least of a housewife's duties. On the contrary, special thought must be given to each floor covering, whether oiled, polished or carpeted. A variety of opinions exist regarding the best sort for the kitchen. Tiling is hard for the feet of the servants and the same complaint is made of hard woods. Many people prefer linoleum, because of its springy quality, and its durability. When linoleum is used, however, the best quality is sure to pay, even before the proverbial end, because the colors will retain their hues far longer than the cheaper varieties. A plain linoleum is not infrequently used, but in this case a coat of varnish is usually given. When anything is spilled upon a floor of hard wood it can be wiped or brushed up at once. Cover grease spots on wood or stone with flour, starch or powdered chalk, which will absorb the grease. Cold water poured upon grease as soon as it is spilled will harden it; the greater part may then be scraped off. Before beginning to sweep, see that no food is left uncovered in the room. Sweep from the edges of the room toward the centre. Sweep with short strokes, keeping the broom close to the floor. Never sweep dust from one room in to another. Soft wood floors must be scrubbed. Look for grease spots and take them out first. After the floor has become wet you cannot see where they are. On a hardwood floor use little water, or none at all. Wipe it with a cloth moistened with a little kerosene—a teaspoon or two to begin with, and as much more when that has evaporated. Rub hard with another cloth until the wood is perfectly dry. Window sills and all hardwood finish may be cleaned in the same way. Wash oilcloth with warm water and milk—one cup of skim milk to one gallon of water—and wipe dry with a clean cloth.

KEEP IN THE HOUSE.

Turpentine, either in resinous form or in spirits, has a household value. A child suffering with the croup, or any throat or lung difficulty, will be quickly relieved by inhaling the vapor, and having the chest rubbed till the skin is red and then being wrapped about with flannel moistened with fery spirits. Afterward sweet oil will save the skin from irritation. In the case of burns and scalds turpentine has no equal.

It is the best dressing for patent leather; it will remove paint from artist's clothes and workmen's garments; it will drive away moths if a few drops are put into closets and chests; it will persuade mice to find other quarters if a little is poured into the mouseholes; one tablespoonful added to the water in which linens are boiled will make the goods wonderfully white; a few drops will prevent starch from sticking; mixed with beeswax it makes the best floor polish; and mixed with sweet oil it is unrivaled as a polish for fine furniture—the latter mixture should be two parts of sweet oil to one part of turpentine.

Some physicians recommend spirits of turpentine, applied externally, for lumbago and rheumatism. It is also prescribed for neuralgia of the face.

USEFUL HINTS.

New floor oilcloth that is losing its lustre may be made to look as good as new, and to last longer by treating it to a thin coat of glue. The oilcloth should be washed thoroughly with a weak pearline suds, then, at night, apply the glue water with a flannel cloth, and it will be dry and hard by morning.

A handful of dried orange or lemon peel kept in the cake box or cookie tin is said to improve the flavor of the cake.

"Ringlets" are nice, innocent bits of pastry to put in a child's lunch-basket. Make a pie crust with butter used in excess of lard or other shortening, and sweeten it well. Then roll out thin and cut into inch-wide strips. Take those up and twirl in opposite directions, then lay

them one next to the other on a slightly flowered tin, and bake golden brown. Their length is optional.

If a tin of water is placed at night in the room where gentlemen have been smoking all smell will be gone in the morning.

A tablespoonful of ammonia in a gallon of warm water will often restore color in carpets, and will also remove whitewash from carpets.

WIRELESS TELEGRAPHY.

The brief operations of the wireless telegraph service undertaken for the London Times at the seat of the Russo-Japanese War, and ended by the interference of the Japanese government, throw much light on the detective powers of wireless telegraphy. In this case the De Forest system was employed. The land station was at Weihaiwei, with a mast 170 feet high. The mast on the telegraph-ship was 90 feet high. Both Russian and Japanese messages were received by the operator, who could easily recognize the difference in the systems employed. He could tell if a Russian ship was at sea by listening to the answering messages from shore. He could also tell whether the Japanese messages were transmitted from a relay base, or whether the fleet itself was at sea.

BLOTCHY SKINS.

A Trouble Due to Impure Blood Easily Remedied.

Bad blood is the one great cause of bad complexion and blotchy skins. This is why you must attack the trouble through the blood with Dr. Williams' Pink Pills. All blotches, boils, ulcers, pimples and paleness are the direct, unmistakable result of weak blood loaded with impurities. Dr. Williams' Pink Pills conquer the poison; they drive out all the impurities; they actually make new, rich red blood; they strike right at the root of all complexion troubles; they are a positive and permanent cure for all virulent skin disease like eczema, scrofula, pimples and erysipelas. They give you a clear, clean skin, free from all blemish and full of rosy health. Mr. Matthew Cook, Lamerton, N.W.T., tells how Dr. Williams' Pink Pills cured him of erysipelas after other medicines had failed. He says: "My skin was inflamed; my flesh tender and sore; my head ached; my tongue was coated; I had chills and thought I was taking fever. I tried several medicines, but nothing helped me until I began using Dr. Williams' Pink Pills and drove the trouble from my system, and I am now in the best of health. I think these pills the best medicine in the world for blood troubles."

It is an every day record of cures like this that has given Dr. Williams' Pink Pills their world-wide prominence. They cure when other medicines fail, but you must get the genuine with the full name "Dr. Williams' Pink Pills for Pale People" on the wrapper around every box. You can get these pills at all druggists, or by mail at 50 cents a box, or six boxes for \$2.50, by writing The Dr. Williams' Medicine Co., Brockville, Ont.

PLEASANT PEOPLE.

Everyone Acknowledges the Power of a Winning Manner.

It is a delight to meet pleasant people. They place you at your ease; they make you feel you are at your best and brightest in their company. They are always amused, always contented. If they have grievances, they are wise enough not to obtrude them upon other people, who have enough of their own.

It is a grand gift to be able to smile as the pleasant man or woman smiles. It is not the stereotyped "duty smile" of society; it is not the patronizing smile of careless tolerance, nor the painful smile of bored politeness.

It is the really intelligent smile of attentive interest. It makes glad the heart of the anxious hostess, and she feels an unspeakable gratitude to the pleasant people who save her functions from dreariness.

Pleasant people know the right thing to say, and the right way to say it. If you have just sung a song with all the power and passion that music wakes in your soul, they do not crush you with that phrase of courteous non-appreciation, "Thank-you! How pretty!" No.

They give you a look weighted with comprehension, and say a few words that prove they hold the key to the mystery of emotion, and can feel with those who are carried out of cold conventionalism by the warm impulse of the artistic temperament. They put you right with the world by the power of that strange gift of sympathy which is denied to many of us.

It is this sympathetic insight that makes pleasant people. They do not wound your feelings as so many most well-meaning souls will do, for they know intuitively both what to say and what to leave unsaid. This knowledge—for which many good men and women strive long and vainly—comes to them unthought; it is their birth-right. Their work—a good and useful one—is done unconsciously; for the great secret of pleasant people's success lies in their unconsciousness.

Let us once detect in them an effort to be agreeable, and their charm is gone. It was their spontaneity

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CEYLON TEA BLACK OR UNCOLORED GREEN. They are sold only in sealed lead packets. Never in bulk. 25c and 40c per lb. By all Grocers.

that fascinated us. The pleasant people are born so: their cheerfulness and gaiety is involuntary. They can no more help it than a light-hearted schoolboy can help whistling, or a lark singing as it soars aloft. It is not always that pleasant people are good, or unselfish. The truth is, good or great people are rarely pleasant. Often they try conscientiously to be so, but the effort is apparent, and defeats itself.

"Sweetest nut sourest rind," says Shakespeare. And, however sweet at core, the manners of our great and gifted ones are apt to be a little sour and rough. It is not wise to attach too much importance to the courtesies of pleasant people. Like the sun, they shine on all. They are pleasant to you to-day, but tomorrow it is likely they have forgotten you, and are pleasant to someone else, for to be pleasant is their mission, and it is a good if not a great one. There is not so much gaiety and cheerfulness in life that we can afford to dispense with any of it, and with all their little deficiencies, our pleasant people are too agreeable for us to consent to part with them.

A HUNTER WITH A HEART.

Otto Sverdrup's Experience in the Arctic Regions.

Polar oxen are not very difficult to shoot, but they are highly valued game by the arctic explorer. In pursuing a small herd, Otto Sverdrup, author of "New Land, Four Years in the Arctic Regions," noticed the following evidence of maternal affection in a cow for its calf:

As the herd started I noticed that one of them had a newly-born calf. The herd went up a steep snow-drift, eight or ten feet in height, and the calf made a brave attempt to follow, but when it had almost reached the top, lost its footing and rolled down to the bottom again. It fell so badly and helplessly that I thought it was killed, but to my surprise it rose to its feet and began to scramble up once more. Its second attempt to scale the drift was no more successful than the first, and again it came rolling down. It cried piteously. I felt so sorry for it that I was just starting to help it up the drift when suddenly it occurred to me that the old cow might misinterpret my motives, and what then? I might risk a battle with her, and it would be a pity perhaps to have to shoot her in self-defence. I decided to remain where I was, and await the turn of events.

At last the mother heard the cries of distress, and came tearing down the hillside, the snow flying behind her. Heaven help the person who had meddled with her calf then! She would have made it hot for him. It was both amusing and touching to see the two together. The mother caressed the calf as if to comfort it, sniffed it all over to see if it was still whole, gave it a push now and again, and then started gently up the drift, but not the way the calf

had gone in following the herd. She carefully chose an easier and less steep way.

When she had got it across the drift she ran a few steps forward, not very fast, but too quickly at any rate for the calf to follow her. Then she turned back, and pushed it from behind with her muzzle, so that it went a little faster. Again she ran a few yards forward, but still the poor little thing could not keep up with her, and she returned to her old pushing methods. So they went on all the way up until they reached the herd. Then she took her place in it, the calf crept under her, and was entirely hidden from sight by her long hair.

HEALTH FOR BABY.

Babies that are well, sleep well, eat well, and play well. A child that is not lively, rosy-cheeked and playful, needs immediate attention, or the results may be serious. Give your well child Baby's Own Tablets and you will be astonished how soon he will be bright and playful. For diarrhoea, constipation, simple fever, indigestion, colic, and teething irritation, these tablets have absolutely no equal. They do not stupefy the child as poisonous "soothing" medicines do—they go to the seat of the trouble and cure him. Mrs. E. Bancroft, Deerwood, Man., says:—"I have used Baby's Own Tablets for stomach and bowel troubles, for simple fevers and teething and I think them the best medicine in the world." You can get these Tablets at any drug store, or by mail at 25 cents a box by writing the Dr. Williams' Medicine Co., Brockville, Ont. Wise mothers always keep the Tablets in the house to guard against a sudden illness of little ones.

WHERE BACHELORS PAY.

While the Benedict sometimes has to pay dearly for a wife, in at least one country it scarcely pays to remain celibate. In Argentina the man who prefers single to duplicated bliss has to pay a substantial and progressive tax. If he has not taken a wife by the time he reaches his twenty-fifth birthday he must pay a fine of \$6.25 a month to the Exchequer; if at thirty-five he has not seen the error of his ways the fine is increased to \$12.50 a month, and at this figure it remains for fifteen years. If at fifty he still keeps from the altar he is looked on as hopeless, and the fine is diminished every year until, at eighty, he is exempt.

SPEAKS THREE LANGUAGES.

Little Rejane Lea is not yet three years old, but she already speaks three languages. She lives in York Road, Lambeth, England, and is the god-daughter of the famous French actress whose name she bears. Her mother is a Parisienne, and so it is natural for the little one to converse in French. Her father is an Italian, and his little daughter speaks with him in his native tongue, and from her childish associates she has learned English.

The Source of Health

Strength and Vitality is the Food System.

DR. CHASE'S NERVE FOOD

Ensures Perfect Digestion and Assimilation.

It matters little how much food you eat so long as the digestive system is not in condition to convert it into blood and nerve force.

When the nervous energy is consumed by disease or by excessive mental or physical exertion the nerves and muscles which control digestion are unable to do their work and the food is allowed to ferment and become a burden instead of a benefit to the system.

DR. CHASE'S NERVE FOOD IS THE MOST RATIONAL TREATMENT FOR INDIGESTION AND DYSPEPSIA THAT WAS EVER CONCEIVED.

By forming new blood and creating new nerve force it strengthens and invigorates the nerves and muscles which control the flow of gastric juices and the contracting motion of the stomach which is necessary to digestion.

It would be impossible for any treatment to go more directly to the cause of trouble.

While revitalizing and re-energizing the principle organ of digestion—the stomach—Dr. Chase's Nerve Food also sharpens the appetite, enlivens the action of the liver and has a gentle laxative effect on the bowels.

MRS. E. J. FORSYTH, 62 Elm street, Toronto, says:—"My trouble has been acute indigestion and severe attacks of headache, as well as nervousness, and at times spells of dizziness. After having thoroughly tested Dr. Chase's Nerve Food I can say that it has cured my stomach troubles, and, as a result, the other symptoms have also disappeared. I consider Dr. Chase's Nerve Food the best treatment for indigestion, as well as being a splendid general tonic."

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.

Curing Consumption

When SCOTT'S EMULSION makes a consumptive gain flesh it is curing his consumption.

The weight is the measure of the consumptive's condition. Every pound of weight gained is a matter for congratulation, and

Scott's Emulsion makes the consumptive gain flesh.

Scott's Emulsion does something to the lungs, too, that reduces the cough and the inflammation.

More weight and less cough always mean that consumption is losing its influence over the system.

For all stages of the disease Scott's Emulsion is a reliable help.

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