

## About the ...House

### DOMESTIC RECIPES.

**Cake Making.**—A common mistake in cake making is the practice of baking a full receipt at a time, no matter how small the family may be. As a result there is too much cake on hand, it becomes stale and eventually is disliked. Most cakes are much better if eaten the same day they are made. Since after a little experience cakes are made so quickly, it is far better to bake often, using only half of the receipt at a time. Another mistake, which often is the means of spoiling a good cake, is the custom of using too much flavoring. If the materials used are of the best, the taste should be so dainty that very little of any flavoring is required. The icing should always be flavored delicately. The speediest and most satisfactory form of baking cake for family use, or for guests, is in a sheet, usually about an inch in thickness. Ice as usual and cut into squares, rounds or any desired form of serving.

**Sweet Potatoes.**—Boil three sweet potatoes of medium size until done. Peel and squeeze through the patent vegetable strainer, add a heaping tablespoonful of butter, salt and pepper to taste, and enough milk to make very soft. Put in a baking dish, dot it over with tiny bits of butter and bake until brown. Serve in the dish in which it is baked. If any is left over remove the thin brown skin, make the potato into small, flat cakes and brown on both sides in a little butter in a spider.

**Potato Croquettes.**—Mix one egg warm milk or cream with cold mashed potato to make it easy to handle. Add a little butter, one beaten egg, a tablespoonful of flour, and a sprinkle of salt. Form the mixture into cone shapes or neat little cylinders, press closely into shape, and set them on ice to cool. When firm, roll in beaten egg, then bread crumbs, and fry in boiling lard until brown. Take out and drain on brown paper.

**Stewed Apples.**—To stew apples so each quarter is unbroken and so clear one can almost see through it is an art, and yet it is a simple thing to do, if one only knows how. Peel tart apples very thin, cut them in quarters and remove the cores and seeds. As fast as you peel and quarter them drop the apples in a saucepan in which you have already placed cold water to the depth of two inches. When the apples are all in, put the saucepan over a slow fire, cover it till the water reaches the boiling point, then remove the cover and let the apples simmer almost imperceptibly till you can pierce them easily with a broom splin; then sprinkle the sugar over them and let them just simmer till it is all melted. Remove the saucepan from the fire and let it stand where the apples will get cold before turning into a dish.

**Chicken Fry.**—Cut the chicken in pieces, lay it in salt and water, which is to be changed several times and roll each piece in flour; fry in very hot lard or butter. I like best to put in a covered roasting pan and fry in a hot oven. Make a gravy of cream, seasoned with salt and red pepper; thicken with a little flour in the pan in which the chickens were fried.

## CONSUMPTION

Right food=right  
medicine=right time=  
these three things are  
of the utmost import-  
ance to the consump-  
tive. 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.

**Cream Lemon Pie.**—One and one-half cups sugar. One and one-half tablespoonfuls of flour or corn-starch. Four eggs. Stir the sugar, flour and the beaten eggs together, leaving out the whites of two eggs for frosting. Add the juice of two lemons and two-thirds of a cup of water. This will make two pies. Bake in two crusts and spread over the top of them well-beaten whites, into which stir a little sugar. Let them brown nicely.

**Apple sauce** is often the poorest of relishes, because poorly made. This dish, like every other, is far better for pains taken in making it. Apples, merely stewed and sweetened, are not very good. Simmer the apples, which should be tart, lively for a few moments, stirring often, till all are well cooked through, till they look as if strained, though the process is entirely unnecessary. Now, stir in a generous piece of butter and sugar to taste, salt it somewhat and flavor with nutmeg. It will be a matter of surprise to find how delicious even apple sauce can be made.

**Mayonnaise Dressing.**—By beating the white of an egg to a stiff froth and adding it when enough of the curdled mixture is made, you will have a smooth, excellent mayonnaise dressing, though a little lighter in color than the usual mayonnaise. Try this next time you see with despair that your dressing is beginning to curdle.

**For orange soufflé,** make a syrup of two cupfuls of sugar and one cupful of water. When the syrup spins a thread, add two cupfuls of orange juice and the juice of one lemon. Scald one cupful of cream, and the beaten yolks of two eggs, cook for one minute, take from the fire and cool. Mix with the syrup, and when thoroughly cold add one cupful of cream, whipped stiff. Flavor with half a teaspoonful of vanilla, color delicately and freeze. Serve in glasses.

**For apple omelet,** make an ordinary omelet and just before folding it spread it with a layer of apple sauce. Fold, sprinkle with powdered sugar and send to the table scaldily.

**Bird's-nest pudding** is as delicious as if it were not a common household dessert. Put seven apples that have been cored, pared and quartered into a pudding dish and turn over them a batter made with a cupful of flour, half a cupful of milk a teaspoonful of baking powder, a saltspoonful of salt and a teaspoonful of melted butter. Bake a out twenty minutes and serve hot with hard or liquid sauce or with cream and sugar.

**Apple water** is sometimes found refreshing to invalids who are recovering from fevers or other long illnesses. Core a large sour apple, fill the cavity with sugar and bake. Then mash, cover with water, let it stand for an hour and strain.

### HINTS FOR THE HOME.

Black silk can be made to look fresh and almost equal to new by sponging it with cold coffee and ammonia.

To test nutmegs prick them with a pin, and if they are good the oil will instantly spread round the puncture.

Glaze a meat pie by brushing it over lightly with milk instead of eggs. This answers quite as well, and is more economical.

A hair lotion for use when the hair is falling off is made thus: Stew one pound of rosemary for some hours in one quart of rain-water. Filter it through paper, and add half a pint of bay rum. Use twice daily.

Grease spots on matting are often considered impossible to eradicate. Try the following plan, and you will be delighted with the results:—Cover the spot thickly with chalk, and moisten by sprinkling benzine on it. In about ten minutes brush off the chalk, and the spot will have vanished.

For rolling rich pastry there is nothing better, where expense is considered, than an empty wine bottle for a roller, and a slate without a frame for the slab.

A mahogany cement for filling up holes and prepared as follows: Melt two ounces of beeswax, then add half an ounce of Indian red and sufficient yellow ochre to produce the required tint.

To preserve horseradish.—A correspondent says that horseradish keeps well if thinly sliced and put into vinegar with a little salt and a few chillies added.

To Clean Greasy Windows.—Moisten a piece of rag with paraffin, and rub the windows with it till all dirt is removed. Then polish with some soft paper, and you will be delighted with the results.

Fresh ink-stains should never be touched with soap or soda, as either changes the ink stain to an iron-mould. Slightly damp the ink stain rub with some acid or wash in butter-milk. The stronger the acid the more quickly the stain is removed.

For house plants ammonia will be found a great stimulant. Add half a teaspoonful to two quarts of boiling water, and when cold water the plants. This treatment applied once a week will cause palms and other plants to flourish in a wonderful manner.

Polish for Brown Boots.—Scrape two ounces of beeswax, place it in a jar with one gill of turpentine and dissolve by heat. When cold, apply to the boots, using a flannel. Polish by rubbing with the palms of the hand. Stains may be previously removed by rubbing with a little methylated spirit or a weak solution of oxalic acid.

This household polish is very economical, and can be put to many uses. Applied to floors, paint, or furniture, it gives a brilliant polish, with very little labor. Pour half a pint of boiling water on to two ounces of shredded beeswax, mixed with one ounce of white wax and a very small piece of castile soap. Stir all in a jar on the stove till dissolved, and when nearly cold add half a pint of turpentine. This will not make the furniture sticky. Polish with clean dusters.

To remove fur from inside Kettles—Fill the kettle with water and add to it a drachm of sal-ammoniac. Let it boil for an hour, when the fur on petrified substance formed on the metal will be dissolved and can easily be removed. In boiling a kettle care must be taken to put on the lid closely so as not to leave the smallest crevice. If the lid is in the least broken or bent it is best to get a new one, otherwise the water is liable to be smoked and rendered unfit for use, communicating a most disagreeable taste to tea.

### PALE WEAK GIRLS.

Obtain Bright Eyes, Rosy Cheeks and Perfect Health Through the

Use of Dr. Williams' Pink Pills.

Miss Jennie Burrows, Rigault, Que., says: "I write to thank you for the wonderful benefit your Dr. Williams' Pink Pills have done me. I am now 22 years of age, but from the time I was fourteen I did not enjoy good health. A couple of years ago while attending school I grew worse, and the Sisters in charge called in a doctor. After treating me for some time, without any improvement, he told me that I must discontinue my studies. When I got home I was sent to Caledonia Springs. The first month I was there it seemed to help me, but, like all the medicine I had taken, the help was only temporary, and I relapsed into my former condition. I grew so pale and wax-like that strangers called me the wax figure. My heart would beat so violently that I could hear the noise it made. I was so weak I could not walk a block without support, or without resting two or three times. My head would sometimes ache so violently as to drive me wild, and at other times I would grow so dizzy that I could not stand. All this time I was taking treatment, but all the time was getting worse and worse, and I hardly hoped over to be better again. At this time I read in a newspaper of a somewhat similar case cured by the use of Dr. Williams' Pink Pills and I determined to try them. By the time I had used a half dozen boxes I had improved a great deal. From that on, week by week, I gained in health and strength, until by the time I had used eleven boxes I was enjoying better health than I had done for years. I am now well and strong, and thank God for the blessing of good health your wonderful Dr. Williams' Pink Pills have conferred upon me. I would strongly advise every weak and ailing girl who reads this to lose no time in taking Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills cured Miss Burrows because they made the rich red blood necessary to drive disease from the system. These pills go straight down to the root of the matter in the blood and cure that. That is why they cure all troubles due to bad blood. Anaemia, paleness, eruptions of the skin, palpitation, headaches, kidney trouble, rheumatism, neuralgia, and a host of other troubles, are all due to bad blood, and are speedily routed from the system by the rich, red blood made by the use of Dr. Williams' Pink Pills. Don't take a substitute; see that the full name, "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around each box. If in doubt you can get the pills by mail at 50 cents a box or six boxes for \$2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

### IN A JAPANESE TEA-HOUSE.

Amusing Experience of Two War Correspondents.

Mr. George Kennan, one of the war correspondents who were detained and entertained in Japan, writes an amusing account of his efforts to get something to eat in Japan. In company with Mr. Villiers, an English illustrator, Mr. Kennan made his way into a tea-house. The two men were ushered by a girl into a room "simply but tastefully furnished with three purple irises in a slender porcelain vase."

There were no tables, no chairs, no hooks for hats, no mirrors, no washing facilities, but the irises were arranged in accordance with the strictest canons of Japanese taste, and we took seats on the matting-covered floor and regarded them with respectful admiration. Before we had finished arguing the question whether, in a well-ordered tea-house, three irises should not be accompanied by more than one leaf, the girl returned with two square flat cushions, which she laid upon the floor for us to sit on, and a Japanese smoking-box.

While we were putting this box to use, the girl went out and presently returned with a lacquered tray holding two very small and shallow cups of colorless, unsweetened Japan tea, which she knelt and presented to us, and then she awaited, on her knees, the further orders of the distinguished foreigners.

We tried to explain to her, in English, French, German, Russian

## The Truth Plainly and Briefly Told

# "SALADA"

Ceylon Tea is by far the purest and most delicious tea on the market. One trial will prove it. Sold only in sealed lead packets. By all grocers. Received the highest award and gold medal at St. Louis.

and the sign language, that we were famishing, and wanted something to eat; but our polyglot efforts to be intelligible elicited nothing save a look of embarrassment and a shy Japanese giggle.

"Try her with pictures, Villiers," I suggested. "You'll never put your artistic talent to better use. Draw a fish, an egg, a loaf of bread and a bottle of beer and I'll go through the motions of eating and drinking them. That ought to fetch her." And it did. A gleam of intelligence and pleased comprehension came into her face as she recognized the familiar objects, and with a giggle of delight she rose to her feet and rushed away to the kitchen to show the pictures to the other maids.

When she returned, at the expiration of half an hour, we expected, of course, that she would bring the dinner; but she offered us instead two fresh and neatly folded bath-gowns, a couple of Turkish towels and a cake of soap.

"Now, Villiers," I said, "if you can't draw a fish, an egg and a bottle of beer so that an intelligent Japanese girl won't take them for a bath-gown, a Turkish towel and a cake of soap, you'd better go out of the illustrating business. We'll starve to death if we have to depend on your pictures."

"The pictures were all right," he declared, indignantly, "and the dinner will come; but this girl wants us to understand that, before dining, it is the Japanese custom to bathe."

The two correspondents bathed dutifully and then waited for dinner several hours more. Finally, about ten o'clock a good dinner appeared. They determined the next time they went to a Japanese tea-house to take an interpreter, and then to order dinner four hours in advance.

### BEGGARS IN INDIA.

Efforts That Have Been Made to Put Them Down.

The beggar nuisance is a very common one in India, and the endeavors of the police in the large cities to put it down have met with only a limited measure of success, says the Times of India. This is no doubt due to the fact that Indian opinion is remarkably tolerant toward sturdy beggars, especially if they wear the guise of religion. But there is reason to believe that a wholesome change is coming over public sentiment in this as in so many other matters. There were about five millions of beggars in the country at the time of the last census, and nearly one-fifth of the number were classed as religious mendicants. The number, large as it is, represented a decrease of about seven per cent. from that at the previous census, and the decline has been attributed in part to the comparatively heavy mortality among them during the famine years. But, says the report, "it is also partly attributable to the spread of education and the consequent weakening of the so-called ascetics have on the imagination of the peo-

ple," it being much less cast than it was formerly for the members of the various begging communities to unloose the purse strings of the people.

There is, happily, reason to believe that the changed feeling among the educated classes is filtering down to the lower levels. This evil is not confined to one particular community or religion. It is as rampant among the Mohammedans as among the Hindus. The "Waar Jaidi" an ably conducted vernacular paper published in Upper India, dealing with questions of social reform among Mohammedans, has been forcibly calling the attention of its co-religionists to the necessity of a reform in their notions of charity. Our contemporary shows by a reference to The Police Gazette that the number of Mohammedan beggars under surveillance has been rising every week. It cites instances from the records of criminal courts to prove that some of the men who pass for religious teachers have been convicted on charges of fraud and immorality committed on the property and persons of men and women who had been misled by their religious appearance.

### BABY'S OWN TABLETS.

This medicine comes as a message of hope to all worried mothers. It is the best thing in the world for stomach, bowel and teething troubles, which make little ones weak, sickly and peevish. It will make your baby well, and you have a positive guarantee that it contains no opiate or harmful drug. Mrs. James Hopkins, Tobermory, Ont., says: "I have used Baby's Own Tablets and would not be without them. Mothers who have sickly, cross and fretful children will find these Tablets a great blessing." These are strong, hopeful words from a mother who has proved the value of Baby's Own Tablets. This medicine is sold by all druggists or sent by mail at 25 cents a box, by writing The Dr. Williams Medicine Co., Brockville, Ont.

### TAKEN TOO LITERALLY.

When the mother returned from shopping, the first thing that met her eyes was the lump on little Willie's forehead.

"Good gracious," she said, "how did he get it?"

"'Tis from th' boomp he got," the new nurse explained. "Ye tould me, ma'am, to let him play on th' pianny if he wanted to, an' wanst, whin he was slidin' on top, he slid too far, ma'am."

To remove Ink from Magogany.—Pour one teaspoonful of cold water into half a teaspoonful of oil of vitriol. Apply to the stained part with a small brush and the ink stain will quickly disappear. Great care must be taken not to touch any part except that which is stained. N.B.—Remember that vitriol will burn the flesh whe over it touches.

## What is Paralysis?

A Question of Interest to Thousands Who Have Not Learned the Curative Power of  
**DR. CHASE'S NERVE FOOD**

Paralysis is loss of power of motion. Movement is the result of contraction of muscle. Muscles cannot contract of themselves, but are entirely controlled by the nerves.

As a result paralysis is almost always due to lack of nerve force.

Increase the nerve force in the body by the use of Dr. Chase's Nerve Food. Revitalize the wasted and depleted nerve cells. Restore vigor to the weakened nervous system and paralysis must disappear.

But it is not on theory that Dr. Chase's Nerve Food is recommended as a cure and preventative for paralysis.

It has established a surprising record of cures, and the cured ones are willing and anxious that other sufferers should know about it.

But do not wait for helplessness to overtake you before beginning treatment.

If you suffer from weakness, sleeplessness, irritability, headache, twitching of nerves and muscles,

trembling of limbs, loss of memory and of power to concentrate the mind, Dr. Chase's Nerve Food will prove of incalculable worth to you. Put it to the test.

Mrs. W. R. Sutherland, St. Andrews, Man., writes:—"In February, 1903, I was stricken with paralysis, fell helplessly on the floor and had to be carried to bed. The doctor pronounced it a bad case as I had no power in my tongue and left leg. I remained in that condition for six months without obtaining benefit from the doctor's prescriptions or other medicines.

"My husband advised me to try Dr. Chase's Nerve Food, and by the use of this treatment all symptoms of the disease disappeared. I can now talk plainly, my leg is all right and I can do my housework. How grateful I am to be cured by so wonderful a remedy."

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