

About the House

DOMESTIC RECIPES.

Sally Lunn.—One quart of flour, four eggs, half-cup of melted butter, one cup of warm milk, one cup of warm water, four tablespoonfuls of yeast, one teaspoonful of salt, half-tablespoonful of soda dissolved in hot water. Beat the eggs to a stiff froth, add the milk, butter, soda, and salt, stir in the flour to a smooth batter, and beat the yeast in well. Set to rise in a buttered pudding dish, in which it must be baked and sent to the table. Or, if you wish to turn it out, set to rise in a well-buttered mold. It will not be light under six hours. Bake steadily three-quarters of an hour, or until a straw thrust into it comes up clean. Eat while hot. This is the genuine, old-fashioned "Sally Lunn," and will hardly give place even yet to the newer and faster compounds known under the same name.

Honeycomb Pudding.—One cup of molasses, one cup of raisins, one cup of milk, three tablespoonfuls of melted butter, one teaspoonful of soda, nutmeg, and cinnamon. Mix together as stiff as gingerbread. Steam three hours.

To cook potatoes Virginia style.—Pare and boil in as little water as possible; drain, add butter, a little sugar, salt and pepper. Let them brown, then pour over them milk thickened with cornstarch. Let them boil and thicken slightly. Serve hot.

Spanish Stew.—One pound of fat salt pork cut fine. Put into a saucepan with one pint of water; stew down twenty minutes on a slow fire. Don't let it stick to the bottom. Two young chickens, jointed, and two quarts of tomatoes strained through a colander, one teaspoon black pepper, and one teaspoonful of red. Stew until the chickens are tender. After it is cooked have ready four boiled potatoes, mashed, with one-quarter pound of butter. When done put on a dish with a can of French peas boiled and spread over the top. Drain the liquor from the peas.

Celery Sandwiches.—To some good whipped cream add grated Parmesan cheese to form a paste, spread delicately thin slices of bread with the paste and sprinkle well with finely chopped celery. Make just before serving.

Boiled Leg of Mutton with Caper Sauce.—Cut off the shank bone, trim it round, and after washing it, put it into hot salted water, and if it should weigh eight pounds or more boil it slowly for three hours. Remove the scum as it rises, and when done place it on a dish, and garnish with sprigs of parsley.

Caper Sauce.—Half a pint of boiling water, two teaspoonfuls of flour, two ounces of butter. Mix the flour and butter together until they are perfectly smooth, stir this into the boiling water and add salt to taste. If made with milk instead of water less butter will answer. Add two tablespoonfuls of capers with a little vinegar. Serve with the mutton, peas, and mashed potatoes. After this

have stuffed peppers with tomato sauce. Take six green peppers, wash them and cut the stems from the tops. Carefully remove the seeds with a small spoon. Take a cupful of finely chopped cooked ham and mix with the same quantity of bread crumbs; add two tablespoonfuls of chopped parsley, one small onion chopped very fine, and mix well with one-half cup of stewed tomatoes. Fill with this mixture, place in baking pans, stem side up. Add two cups of stock, replace the stems and bake in a moderate oven for an hour. When done remove very carefully to prevent breaking.

Stuffed Steak.—Take a tender, round steak and beat well; sprinkle with salt and pepper; then rub over one side one teaspoonful of lard, over which spread a good layer of cold mashed Irish potatoes, seasoned with finely chopped onions, and a teaspoonful of fresh or canned tomatoes; roll as you do a jelly roll; tie to hold in shape; place the roll in a baking dish, in which put a pint of warm water, and baste frequently while in the oven. Serve with or without gravy.

Orange Cake.—Whites of nine eggs, two cupfuls of granulated sugar, three heaping cupfuls of butter, one cupful of milk, two teaspoonfuls of baking powder, one teaspoonful of lemon juice. Cream the butter, add the sugar and beat for ten minutes. Add the milk and then add alternately the whipped eggs and the flour, the baking powder having been sifted with the flour; add the lemon juice last and mix all lightly. Bake in layer tins and spread the layers with orange filling.

Orange Filling.—Beat the whites of two eggs to a stiff froth. Boil one and one-quarter cupfuls of sugar with one-half cupful of water. Pour the boiling sugar in a very fine stream onto the whipped whites, beating hard all the time; add the grated rind and juice of one orange, and continue to beat it until it is cold, and the sugar is stiffened enough to place between the layers without running. Frost the top and sides with icing flavored with orange juice and trim with the halves of English walnuts.

MANY USES FOR CARROTS.

Beautifier.—Not every one knows that carrots are better than medicine and unequalled as a complexion beautifier. A noted beauty specialist claims that a spoonful of grated carrot, eaten raw before breakfast, will prevent wrinkles, and are also good for the hair. As a medicine they act as a blood purifier, and should appear on the table not less than two or three times a week, serving them in different ways, as it is a vegetable one soon tires of. Here is a favorite way of serving them.

Creamed Carrots.—Scrape a number of carrots, put them in a stew pan with water to cover and boil until tender, which will take about two hours. They must be watched closely, especially on a gas stove, that they do not boil dry and burn. When done remove from water and cut in thin slices. Make a cream dressing of cream or rich milk. First put two tablespoonfuls of butter (scant) in a saucepan with two tablespoonfuls of flour, mix to a paste, then add cream or milk; stir until smooth and thick, add salt and pepper if liked. Pour over the carrots and serve in a pretty bowl.

Carrot Soup.—Put in a soup kettle a knuckle of veal, three or four quarts water (cold), a quart finely sliced carrots, one head celery; boil two and one-half hours, add handful of rice and boil another hour; season with pepper and salt and serve.

Sliced Carrots.—Scrape the carrots, cook till tender, and cut in dice. Turn into a heated dish, season to taste and pour over a little melted butter.

A MOTH-PROOF CHEST.

It will soon be time to put away furs and woollen garments. Those who have expensive clothing can generally afford to take it to a storage house, where it will be kept safely. The average housekeeper has to be content with her own cupboards and chest, and even bags, of cloth or thick paper. When one cannot afford a cedar chest, boxes may be made at home which will keep moths away from furs and garments. The following plan has been recommended. Get the box from a grocery or shoe store and go over it carefully, driving the nails in light and smooth. Brush the box out well and fasten small hinges to both the box and cover, or use a strip of ticking two inches wide and as long as the top of the box. Tack one edge of the cloth to the inside of the box and the other edge to the inside of cover. This will form a continuous hinge. Fasten a strip of cloth at each side for a strap or stay to prevent the cover from falling too far back.

Line the box throughout with newspapers, for printers' ink is disagreeable to moths. Leave the box open to dry thoroughly. Cover the outside with wall paper, cretonne or denim and tack a loop of leather or braid to the front of the cover to lift it with. To store garments in the box lay them in long folds placing here and there a sachet of lavender flowers or sheets of blotting paper which have been saturated with cologne water or perfume. Moths object to strong odors of any kind. When the box is comfortably full, cut a single thickness of newspaper the exact size of the top, brush a little paste around the edge of the top and press the paper down closely. This will make a tight seal for the box and its contents will be secure if no moths or eggs were concealed in the clothing before sealing, and you must, of course, take care that there are none.

USEFUL HINTS.

To make a tight shoe comfortable put on the shoe and lay a cloth damped in hot water across where it pinches. This should be constantly changed, and the moist heat will cause the leather to shape itself to the foot.

An oven that is too hot can be cooled by placing a basin of cold water inside

it, and the door can then be kept shut. The water will prevent burning, and it should be remembered that when cooking by gas, water should be always kept in the oven to absorb the smell.

Directly you find a cold coming on go to bed, and drink the following mixture as hot as possible:—Two teaspoonfuls lemon juice, one teaspoonful sal volatile, half a tumbler boiling water, sugar to taste. Cover yourself up warmly and in the morning you should feel perfectly right again.

The most nauseous physic may be given to children without trouble by previously letting them take a peppermint lozenge, a piece of alum, or a bit of orange peel. Many people make the mistake of giving a sweet afterwards to take away the disagreeable taste; it is far better to destroy it in the first place.

Coal should be kept in the dark. Its nature changes under the influence of strong light, especially under sunlight. It becomes friable, and is less able to give out a strong heat when burnt. When stored it should have salt sprinkled over it. This keeps it in condition, and prevents its undue drying.

THE ROAD TO HEALTH.

Lies Through the Rich, Red Blood Dr. Williams' Pink Pills Actually Make.

Common pills purge the bowels. Dr. Williams' Pink Pills make new rich blood. Purging pills gallop through the bowels—tearing the tissues, irritating the organs and weakening the whole system. Dr. Williams' Pink Pills do not purge at all. They're tonic pills, soothing pills, strengthening pills, blood-building pills. Dr. Williams' Pink Pills actually make new blood. That is why they are the only scientific cure for all blood diseases. That is why they cure headaches and backaches, kidney troubles, indigestion, neuralgia, rheumatism, heart troubles, and the special ailments of growing girls and mature women.

Purging pills act only on the symptoms of disease; Dr. Williams' Pink Pills go straight to the root of the trouble in the blood and cure. Mr. John Burke, Elmdale, P.E.I., says: "I think Dr. Williams' Pink Pills the best medicine in the world. I had an attack of pneumonia which was followed by extreme nervousness and rheumatism. I tried some of our best doctors but got nothing to help me until I began taking Dr. Williams' Pink Pills. After taking the pills some weeks I could actually feel the new blood they were making coursing through my veins, and in the course of a few weeks more I was completely restored to health." Remember that it is only Dr. Williams' Pink Pills that can make this new, rich, health-giving blood. Imitations and the so-called "just as good" medicines never cured anyone. Insist on the genuine with the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper on each box. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50, by writing The Dr. Williams' Medicine Co., Brockville, Ont.

WEATHER PLANT.

Position of Leaves Fortells Changes in Atmosphere.

Almost every magazine has a small advertisement for a plant known to botanists as "abrus precatorius," or weather plant. It is a climbing exotic, and is held in great veneration by the natives of India, who say that the state of the weather may be told some time in advance by the position which the leaves assume. Though this theory is disputed by some, it is held by botanists of established reputation as being within the bounds of reason. Atmosphere unquestionably affects the leaves of flowers and plants and shrubs, and to a close observer this action may indicate coming changes in weather which can be correctly foreshadowed.

One of the great beauties of the plant is its small egg-shaped seeds of bright scarlet tipped with a black spot. These seeds are very hard, and for this reason are used for necklaces and ornamental purposes. Their size is so uniform that they are used in India as the standard of weight, and called "rati." It is a recorded fact that the weight of the famous Kohinoor was first determined by the aid of the seeds of this peculiar plant. Probably the specific name "precatorius," meaning prayer, came from the fact that the seeds are used by Buddhists for rosaries.

MOTHER AND BABY.

Every mother who has used Baby's Own Tablets will tell you that they are the best medicine in the world for the cure of constipation, colic, sour stomach, indigestion, diarrhoea, sleeplessness, teething troubles, and other ailments of children. You can give these Tablets to a new-born baby with absolute safety—they always do good; they cannot possibly do harm. Their use means health for the child and comfort for the mother. Mrs. C. F. Kerr, Elgin, Ont., says: "Baby's Own Tablets are the best medicine I ever used for stomach and bowel troubles, and destroying worms. No mother should be without a box of Tablets in the house." Get them at your druggists or by mail from The Dr. Williams' Medicine Co., Brockville, Ont., at 25 cents a box.

BE YOUR OWN WEATHER PROPHET.

With a little practice and a little knowledge every man can be his own weather prophet. A rapidly rising barometer indicates unsettled weather. A gradual rise shows settled weather. A rising barometer, with dry air and cold increasing, in summer, indicates a north wind; if rain has fallen, there will be better weather. A north wind, with rain from the north, is shown by a rise, with a damp atmosphere and a low temperature. A rise, with southerly winds,

IF YOU VALUE YOUR HEALTH

—USE—

"SALADA"

Ceylon Natural GREEN Tea in place of the adulterated teas of Japan.

LEAD PACKETS ONLY, 40c, 50c, and 60c per lb. AT ALL GROCERS, HIGHEST AWARD ST. LOUIS, 1904.

THE MUTUAL LIFE Assurance Co. of Canada

36TH ANNUAL STATEMENT FOR THE YEAR 1905.

INCOME.		DISBURSEMENTS.	
Premiums	\$1,547,506 45	Death Claims	\$ 231,924 10
Interest and Rents	407,563 94	Matured Endowments	159,450 00
Profit and sale of Real Estate	1,448 52	Purchased Policies	64,188 63
		Surplus	87,928 85
		Annuities	9,422 56
		Expenses, Taxes, etc.	348,491 76
		Profit and Loss	1,519 18
		Balance	1,053,593 78
	\$1,956,518 91		\$1,956,518 91
ASSETS.		LIABILITIES.	
Mortgages	\$4,265,533 86	Reserve, 4 per cent., 3½ per cent., and 3 per cent.	\$8,210,064 24
Debentures and Bonds	3,245,401 89	Reserve on Lapsed Policies liable to revive or surrender	2,400 31
Loans on Policies	988,670 39	Death Claims unadjusted ..	64,680 00
Premium Obligations	28,810 60	Present value of Death Claims payable in instalments	35,654 98
Real Estate	56,281 08	Premiums paid in advance ..	14,378 42
Cash in Banks	257,730 37	Amount due for medical fees ..	5,883 50
Cash at Head Office	4,230 23	Accrued Rents	805 33
Due and Deferred Premiums (net)	272,121 08	Credit Ledger Balances	10,224 75
Interest and Rents due and accrued	177,312 65	Surplus on Company's Valuation Standard	952,001 12
	\$9,296,092 15		\$9,296,092 15

Surplus on Government Standard of Valuation, \$1,261,905.00.

Gains in 1905.

In Income	\$ 231,210 01	In Surplus (Company's Standard)	\$ 179,928 25
In Assets	1,075,561 70	In Insurance in force	3,720,984 00

Audited and found correct.

J. M. SCULLY, F.C.A., Auditor.

GEO. WEGENAST, Manager.

DIRECTORS' REPORT.

INSURANCE ACCOUNT.—The volume of new business was 3,637 Policies for \$6,014,576, being an increase over 1904 of 185 Policies for \$966,408. With the exception of \$65,000 written in Newfoundland, the new business was all written within the Dominion of Canada. The total amount of assurance in force is \$44,199,954 under 29,788 policies, being an increase over 1904 of \$3,722,984.

INCOME.—The total income for the year was \$1,946,518.91, derived from Premiums, \$1,547,506.45; Interest and Rents, \$407,563.94, and profit from the sale of Real Estate, \$1,448.52.

PAYMENTS TO POLICYHOLDERS.—The payments to Policyholders consisted of Death Claims, \$231,924.10; Matured Endowments, \$159,450.00; Purchased Policies, \$64,188.63; Surplus, \$87,928.85, and Annuities, \$9,422.56; being a total of \$552,914.14. The Death Claims which fell in during the year amounted to \$269,214, and though slightly in excess of those in the preceding year, were very light, and much below the expectation.

THE EXPENSES AND TAXES were \$348,491.76, and Profit and Loss \$1,519.18, making a total of \$350,010.94, or 17.8 per cent. of the total income.

ASSETS.—The cash assets at the close of the year were \$8,846,658.42, and consisted of mortgages, \$4,265,533.86; Debentures and Bonds, \$3,245,401.89; Loans on Policies, \$988,670.39; Premium obligations, \$28,810.60; Real Estate, including the Head Office building, \$56,281.08, and cash in Banks and at Head Office, \$261,960.60. Adding to this the due and deferred premiums, \$272,121.08, interest and rents due and accrued, \$177,312.65; the total assets amount to \$9,296,092.15. It will be observed that, as in the past, we still continue to invest our funds in securities of a non-speculative character, and that we hold them on our books at their net cost.

The interest on our investments has been very well met, especially in the city of Winnipeg, where on mortgages amounting to \$745,553, the interest in arrear at the close of the year was only \$227. In the province of Manitoba and the West generally there is a tendency to defer payment of instalments of principal on account of the desire to purchase more land. All payments, both for interest and principal, have, however, been very well met, and were quite equal in that respect to the previous year. In Ontario and elsewhere the Mortgage collections have been exceptionally good, and at the close of the year there was interest in arrear of only \$16,317, the largest part of which fell due in the closing days of the year, and has since been paid. The active demand for money during the year kept our funds well employed at good rates of interest. The average rate realized on our funds was 5.1 per cent.

THE LIABILITIES were again computed on the same standard as in former years, viz.: Combined Experience Table with 4 per cent. interest for all business up to January 1, 1900. From that date to January 1, 1903, on the Institute of Actuaries' Table, with 3½ per cent. interest, and thereafter on the same table with 3 per cent. interest. The reserve computed upon this standard of valuation amounts to \$8,210,064.24, and the total liabilities are \$8,342,091.03. The Surplus over all liabilities on the Company's standard of reserve, as above mentioned, is \$954,001.12, being an increase for 1904 of \$181,928.25. On the Government standard of valuation our surplus would be \$1,263,905.

On behalf of the Board, R. MELVIN, President.

Send to Head Office, Waterloo, Ont., for booklet giving proceedings at Annual Meeting, March 1st, 1906, list of claims paid, list of securities held, and other valuable information.

W. H. RIDDELL, Secretary.

means fine weather. With a steady barometer, in dry air and a seasonable temperature, read fine weather. When the barometer falls rapidly, look out for storms. A fall, with dry air, and cold increasing, in winter, indicates snow. When the mercury falls after calm and warm weather, don't leave home without your umbrella, and look out for squalls. Look at a bright, clear sunset, and expect fine weather; if it is blurred, rain. One often hears distant sounds with startling clearness, such as the striking of a clock; stick to your umbrella in this case also. See a rainbow in the morning; still rain. Fog is settled weather—that is to say, the kind of weather you are getting.

WORK OF MERCY.

Druggist—"I can't open my store for you at this time of night unless it is for a case of extreme necessity." De Lush—"Well, issa case 'xtrema n—n—necessity, a'r'i'. I wanna look at the direct'ry an' 'fin' out where I live at."

Consumption

There is no specific for consumption. Fresh air, exercise, nourishing food and Scott's Emulsion will come pretty near curing it, if there is anything to build on. Millions of people throughout the world are living and in good health on one lung.

From time immemorial the doctors prescribed cod liver oil for consumption. Of course the patient could not take it in its old form, hence it did very little good. They can take

SCOTT'S EMULSION

and tolerate it for a long time. There is no oil, not excepting butter, so easily digested and absorbed by the system as cod liver oil in the form of Scott's Emulsion, and that is the reason it is so helpful in consumption where its use must be continuous.

We will send you a sample free.

Be sure that this picture in the form of a label is on the wrapper of every bottle of Emulsion you buy.



Scott & Bowne Chemists Toronto, Ont.

50c. and \$1. all druggists