

About the House

SELECTED RECIPES.

Prepared Figs.—To one pint of figs cut small add one cupful of water, two slices of lemon, a pinch of cinnamon and clove. Let simmer until the water is absorbed, then take out the lemon. This fig preserve is good with rice, corn starch, or sago.

Carrot Pudding.—One cup of grated raw potatoes, one cup of raw carrots, grated; one cup brown sugar, one cup of powdered suet, a pinch of salt, one cup of cleaned currants, one and a half cups of raisins, one and a half cups of flour, one teaspoonful of soda and a dash of spice. Steam from three to four hours.

Old-Fashioned Brown Betty.—Two cups of chopped-up apples, one cup of breadcrumbs, a couple of tablespoonfuls of butter. Put a layer of apples over the bottom of a pudding dish, one you can bake and serve in, and sprinkle sugar and then butter, either melted or in the dabs, and cinnamon or nutmeg; then sprinkle breadcrumbs, and continue until you wind up with a layer of crumbs. Bake for three-quarters of an hour and brown.

Canned Meat.—When cooking a kettle of beef, put up a can of it for some day when company comes unexpectedly, and the meat supply is short. Cook until done, and can like anything else in Mason jars. Remove bones and pour the boiling liquor, which must have boiled down until it is nearly all gelatine and fat, over the meat in can. Be sure all air bubbles are out and seal hot. Can chicken in the same way when the market is down. You will find it as nice as freshly cooked when you open, and all you need to do is to reheat and thicken the gravy.

Potato Souffle.—Take two cupfuls of cold mashed spoonfuls of melted butter, beating to a white cream before adding anything else. Then put with this two eggs whipped very light, and a teaspoonful of cream or milk, salting to taste. Beat all well, pour into deep dish, and bake in a quick oven until it is nicely browned. If properly mixed, it will come out of the oven light, puffy, and delectable.

An Egg Souffle.—Scald a cup of milk, putting in a tiny pinch of soda. Beat the yolks of six eggs until light and creamy, and the whites until stiff enough to stand alone. Add one-half tablespoonful of salt, a dash of pepper, and one rounded tablespoonful of butter to the milk, and stir it into the yolks; then beat in the whites very quickly. Pour into a deep, buttered pudding dish, and take in a moderate oven ten minutes or to a delicate brown. Serve immediately in the bake dish.

Rice Souffle.—To one-half cupful of cold boiled rice add one cupful of warm milk, one tablespoonful of melted butter, one teaspoonful of salt and a dash of pepper; mix well and add three well-beaten eggs. Heat a tablespoonful of butter in a frying pan, and when hot, pour in the mixture, and set the pan in a hot oven. When it is thoroughly cooked, fold it double, turn out on a hot dish, and serve at once.

Barbecued Kidneys.—Cut the kidneys into thick slices. Melt a little butter, and stir into it a salt-spoonful of mustard and a dash of lemon juice. Dip each slice of kidney in this, roll in cracker dust, and set aside until this coating stiffens. A half hour will be long enough. Broil on a small gridiron over a clean fire, turning often, that the kidneys may not burn. Be sure they are thoroughly done. Serve very hot.

FISH SALADS.

Herring Salad.—Heat through by turning on the stove three well smoked herring, then tear off the heads and pull the skin away, split, take out the backbones, and cut up into small bits, or to shred them is better. Put in a salad bowl, add one small chopped onion, two hard boiled, chopped eggs, and one boiled potato; cut fine with a teaspoonful of chopped parsley; season with a teaspoonful of salt, one of pepper, three tablespoonfuls of vinegar, and two of oil. Mix well, and, if you have it, decorate with a boiled beet.

Sardine Salad.—Allow three sardines for each person; bone and fillet these, carefully removing all the skins, and set them aside until required. Boil two eggs for three minutes, shell them, and break them up in your salad bowl with a spoon; mix with them a teaspoonful each of French mustard and essence of anchovies, the strained oil from the tin of sardines with as much oil as will make three teaspoonfuls in all; add chili, shallot, and good malt vinegar to taste. Cut up some nice crisp lettuce and mix it well with the dressing, but only just before it is to be served. Put a little heap of mustard and cress in the centre of the salad, with a whole red capsicum upon it. Arrange the sardines round, and outside these a border of mustard and cress, dotted here and there with thin slices of red capsicum.

Salmon Salad.—One quart of cooked salmon, two heads of lettuce, two tablespoonfuls of lemon juice, one of vinegar, two of capers, one teaspoonful of salt, one-third of a teaspoonful of pepper, a cupful of mayonnaise dressing or the French dressing. Break up the salmon with two silver forks. Add to it the salt, pepper, vinegar, and lemon juice. Put in the ice chest or some other cold place for two or three hours. Prepare the lettuce as directed for lobster salad. At serving time pick out leaves enough to border the dish. Cut or tear the remainder of the pieces

and arrange these in the centre of a flat dish. On them heap the salmon lightly and cover with the dressing. Now sprinkle on the capers. Arrange the whole leaves at the base, and, if you choose, lay one-fourth of a thin slice of lemon on each leaf.

Loyster Salad.—Put a large lobster over the fire in boiling water slightly salted; boil rapidly for about twenty minutes; when done it will be of a bright red color and should be removed, as, if boiled too long, it will be tough; when cold, crack the claws after first disjoining, twist off the head, which is used in garnishing; split the body in two lengthwise; pick out the meat in bits not too fine, saving the coral separate; cut up a large head of lettuce slightly and place on a dish, over which lay the lobster, putting the coral around the outside. For dressing, take the yolks of three eggs, beat well, add four tablespoonfuls salad oil, dropping it in slowly, beating all the time; then add a little salt, cayenne pepper, half teaspoon mixed mustard, and two tablespoonfuls vinegar. Pour this over the lobster just before sending to table.

THE KITCHEN.

The ideal exposure for a kitchen is northeast—that is, it should be at the northeast corner of the house. This position gives one light without heat. Artists demand north lights in their studios and a good cook is an artist in her own line and should have all the help that light and location can give her. Even if one is about to build, it is not always possible to have a northeast kitchen, but one should make a great effort to secure a north room and a corner room, if possible.

Supposing we have the ideal northeast kitchen, a good, clear yellow will be found the best color for the walls. Never use paper on kitchen walls, or even kalsomine. Oil paint is the only proper wall covering and that should be finished with a coat of enamel so that it will resist the frequent washings it will receive. Whether a kitchen sink be of iron, enamel or stone, it should stand on four legs with its drain pipes exposed to full view. The dangers arising from a badly kept sink cannot be exaggerated nor can any degree of care in avoiding them be considered extreme.

The waste pipe from a kitchen sink should have boiling water and ammonia or washing soda poured down it each day. At least once a week it should be treated to a dose of a good disinfectant such as chloride of lime. This old standby is inexpensive and quite as good as many other high-priced articles. Put a large teaspoonful of chloride of lime into two quarts of hot water. This solution is good not only for drain pipes but also for keeping your garbage pails fresh.

The selection of an ice chest is a very important matter, and one calling for careful consideration. It must not be larger than is needed, for that entails a waste of ice. It must not be too small because then things are put together that should be kept apart. Butter and milk, for instance, should never be put near fruit, vegetables, nor fish, as they absorb odors in an almost incredible way. Taking it for granted that a refrigerator just the right size has been selected, the question arises how to take the best care of it.

BAKING AND ROASTING.

True roasting consists of cooking by actual fire heat in front of an open fire. This, however, is an extravagant method, and is very little used with us. Baking is roasting by hot air, and well managed, produces very good results. But a careless cook or an inefficient one will never bake meat satisfactorily. To begin with, "out of sight being out of mind" with her, she is almost certain to forget the basting, and, as a result, the meat will be dry, overcooked, and flavorless. She will be blissfully unconscious that ovens require periodic and thorough cleansing, and she is, in consequence, astonished when her meat comes out pale and greasy, and reeking of all the fat, etc., that has been spilt since she first began to use it, and which revenges itself by first tainting the heated air of the oven, and afterward the meat. As a rule, the air of the average oven is too dry for roasting, so that when this method of cooking meat is chosen, means should be taken to obviate this dryness. With this object in view, some cooks always put a jar full of hot water in the oven with the meat to prevent the surface of the latter drying up.

MOTHER'S ANXIETY.

The summer months are an anxious time for mothers because they are the most dangerous months of the year for young children. Stomach and bowel troubles come quickly during the hot weather and almost before the mother realizes that there is danger the little one may be beyond aid. Baby's Own Tablets will prevent summer complaints if given occasionally, because they keep the stomach and bowels free from offending matter. And the Tablets will cure these troubles if they come suddenly. You may save your child's life by keeping a box of Baby's Own Tablets on hand to give promptly. Mrs. Frank Moore, Northfield, N. S., says:—"I do not know any medicine that can equal Baby's Own Tablets for curing stomach and bowel troubles. I always keep them on hand in case of emergency." Sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Nothing pleases some people more than to be misunderstood.

THE WORLD'S BARBERING

SHAVING YOU CAN FEEL IN THE VILLAGES OF SPAIN.

Shells, Minerals and Grasses Used in Shaving—Delicate Singeing in Africa.

Any traveller in Spain who steps off the beaten path may, like Don Quixote, find a Mambrino helmet for himself, for it swings from a staff over the door of every wayside barber. An old and worn out basin does for a signboard; one less old is necessary to the shaver's art.

These barber basins of the Peninsula are always made of brass. Some of the old ones are very fairly hammered, but in all the shape is the same, a product of public utility answering to unvarying demand.

A half circle is cut out from one rim large enough to accommodate the patron's gullet and Adam's apple. Seen in profile the effect of a man being shaved is as a St. John the Baptist whose head has partly slid off the charger. Thus it is adapted to the tonsorial methods in vogue in Spain, and with but slight variations practised in all of village Europe.

There are no joke weeklies to while away the time of waiting; there are no chairs with complicated gear to raise and lower the patient, to swing him round into the light at his most artistic angle, to tilt him back to a monotonous view of the ceiling. Instead the sufferer is planted bolt upright in a straight-backed chair, and throughout the operation his is the sole responsibility of holding a basin of water at his throat, and if he spills the suds down upon the front of his shirt the blame is his alone.

Nor does the difference cease here. The peasant barber of Europe regards lather as merely an ornate incident. He wets his patrons' cheeks and smears them with good hard soap, well rubbed on. Then he uses his razor to excavate this cement of stiffening soap, moistening it only when it is

FOUND TOO HARD TO WORK.

The soap is dragged off with little regard to the feelings of the sufferer; the question is never put: "Does this razor pull?" When the barber has gone his round from ear to ear the patient takes his bowl and washes up for himself. When the sharp stings his cheeks he rests content, for he has had a shave that he can feel.

Despite attempts at long intervals to make hair on the face a fashion, practically all the world shaves. The most consistent advocates of the cleanly shaven face are the Indians of America. Nature has helped them out at the beginning, for hair upon their faces appears only late in life and then very sparsely. For this reason it is not so difficult and painful as it might seem to follow the Indian custom of pulling out each hair as soon as it reaches a length that will permit it to be gripped.

Another stock whose beard is late and scanty provides employment for a large guild of barbers in shaving him. This is seen in the blue rim which encircles the roots of any Chinaman's queue.

Being Mongolian, a Chinese razor is naturally like no other razor in the world. It looks like a split five cent piece mounted on a stick; but the Chinese find it extremely effective, and that must serve as a complete test of its efficiency.

The race that peopled the valley of the Nile when Egypt was the home of all the world's enlightenment shaved so completely that one might infer that they had adopted the billiard ball as the type of beauty, for from the point of the chin to the nape of the neck not a hair was spared. Here, though, crops out

THE MILITARY EXCEPTION.

The Pharaohs and their captains seem to have grown a few straggling hairs on the chin. At any rate they wore richly ornamented boxes to cover the beards which they may or may not have been able to grow. So long as nothing showed but the beard box gummed upon the chin, any one might wear the ceremonial and symbolic box, even if he could not raise a beard to fill it.

Their great rivals for the empire of the ancient world, the Assyrians, were abundantly supplied with beards. That they held them in high esteem may be inferred from the fact that they carved them on the effigies of their sacred bulls and other gods of long forgotten theology.

If one may accept the Statuary of Mesopotamia as a safe guide to the fashions of these early Oriental times it would appear that the Assyrian beard was worn in long ringlets. That may, however, be no more than an evidence of the limitations of the art of the ancient sculptor, who could not carve hair positively unless he made it look like rope. It seems hardly conceivable that Nebuchadnezzar and Assurbanipal would submit to a fashion that involved putting their heads up in curl papers every night.

No modern race goes conspicuously and completely unshorn except the black fellows of the Australian bush.

Among the peoples of the earth who shave wholly or in part the utensils of the barber's high calling widely vary. Soap and shaving brush are a triumph of advancing civilization, the sybarite's effort to secure his ease. Some of the lower races wet the cheeks with water or the juices of fruits or sap of trees, but for the most part

THE SAVAGE SHAVES DRY.

Such of the native tribes along the

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Amazon as shave at all in preference to plucking out their scanty beards prepare their cheeks by swabbing with the heavy sap of the tree which yields the rubber. In tropical Africa the oil of the oil palm is used for the same purpose.

In the East Indies generally the pulp of the ripe banana is rubbed to a cream on the cheeks and chin with the abundant juice which may be drawn from the leaf stem of the same plant. Elsewhere in the same region of the Eastern seas the green orange is employed. Many and various are the substitutes for the razor of steel. In the uplands of Africa, where the natives have developed no little skill as workers in metal and produce knives of good temper, they seem not to have hit upon the idea of true shaving by the use of a cutting edge. Their abundant beards are removed and their chops kept smooth by singeing.

A plate of iron an inch in width, three inches long and a quarter of an inch thick is mounted in a handle of horn. This is brought to a white heat in the charcoal furnace and is passed evenly over the face very close to the skin. This glowing plate produces a close shave effect with a luxury of comfort to the most tender skin that no razor yet forged could bring about.

For shore dwellers the opportunities which several mollusks afford have not been lost upon the barbers. One such shell has been commonly designated

THE RAZOR CLAM.

and while not much of a clam for fritter purposes, it will serve excellently well on a pinch for a razor. It abounds on the beaches of the northern Atlantic coast, but it is not altogether easy to dig up even when the little spout of water in the sand betrays its presence, for it takes the promptest alarm and can dig itself out of sight far more quickly than any man can dig it into view. The shell is in two valves, each about half an inch wide and some six inches long, the shallower one being preferable for shaving.

To prepare it for use all that is needed is to press the edge of the shell from the inner side steadily and evenly with a chip; this splits off a sheet of the tough purplish green outer rind and leaves a clean edge of shell that is sharp enough for comfortable shaving and firm enough to keep the edge at least during the operation. While this razor shell is confined to the North American coast, there are mollusks of similar utility in every sea.

Another pelagic razor widely employed is the tooth of the shark. While this also has a sharp edge, it differs from the keenness of the shells. They present a true cutting edge so long as it lasts. The small tooth of the shark keeps its heavily enamelled edge much longer, but it is of the saw type and therefore by no means of smooth action.

In inland regions, where sea razors are not easily come at, there may be found

MINERAL SUBSTITUTES.

The most widely found of these mineral razors is the flint.

Another mineral of great value to the primitive folk who shave themselves is the obsidian or volcanic glass. By careful treatment this may be split into almost any desired shape and its edges of fracture are found very keen, though quick to lose their cutting edge.

Even the herb of the soil as well as the sea and the rocks yields its razor, than which there could be none better. This is the rind of the bamboo, which owes its fine polish to the deposit of flint. When the joint partitions are cut off from a node of green bamboo the tube may readily be split. Each sliver will be found to carry a thin sheet of the flint casing, a sheet so thin that its edge will still appear sharp under a high power of microscope.

It is sharper than any razor of steel can be whetted—so sharp that it must be used with great care to avoid cutting deep into the skin. It will hold its edge for any operation of shaving and there is no need to save it for a second time, since the bamboo grows wild all over the tropics and a new razor may be had without cost of labor whenever wanted.

In his primitive estate savage man seems to possess all the necessities of the barber shop except the lather brush and the shop, neither of which he has learned to need, and therefore does not miss them.

PAUPERS IN HOLLAND.

There are few able-bodied paupers in Holland. A tract of public land, containing 5,000 acres, is divided into six model farms, to one of which the person applying for public relief is sent. Here he is taught agriculture, and is subsequently permitted to rent a small holding for himself. Holland also has a forced-labor colony, to which vagrants are sent to do farm and other work, whether they like it or not.

SCOTCH HOSPITALITY IN 1629.

Curious Customs of the Table in Those Times.

An account of hospitality in 1629 gives a good idea of the manner in which a country gentleman of the period lived, says the Scottish Review. Dinner and supper were brought in by the servants with their hats on, a custom which is corroborated by Fynes Moryson, who says that, being at a knight's house, who had many servants to attend him, they brought in the meats with their heads covered with blue caps. After washing their hands in a basin they sat down to dinner, and Sir James Pringle said grace. The viands seemed to have been plentiful and excellent, "big pottage, long kale, bowe, or white kale, which is cabbage; 'breoh soppis,' powdered beef, roast and boiled mutton, a venison pie in form of an egg, goose." Then they had cheese, cut and uncut, and apples. But the close of the feast was the most curious thing about it.

The table cloth was removed, and on it were put a "towel the whole breadth of the table and half the length of it, a basin and ewer to wash, then a green carpet laid on, then one cup of beer set on the carpet, then a little long lawn serviter, plaited over the corner of the table, and a glass of hot water set down also on the table; then be there three boys to say grace; the first, the thanksgiving, the second, the paternoster; the third, a prayer for a blessing of God's Church. The good man of the house, his parents, kinsfolk and the whole company they then do drink hot waters, so at supper, then to bed, the collation which (is) a stoupe of ale."

HE GOT IT FINED.

Red Tape and Ingenuity in Federal Department at Washington.

The following story, illustrative of the red tape that used to prevail in certain departments of the Federal Government at Washington, is told by an official who began his service there in the humble capacity of a clerk:—

"Shortly after entering upon the discharge of my duties," said the official, "I witnessed a scene in the division to which I had been assigned that astonished me to a degree. One day an elderly clerk whose desk was near mine suddenly rose from his seat, dragged his chair to a fireplace, and, seizing a poker, attacked the offending piece of furniture with what appeared to be maniacal fury. When he had broken a leg of the chair his passion seemed to be exhausted. He flung the damaged chair into a corner of the room and getting another chair, calmly resumed his work just as if nothing had occurred.

"When the time came to leave the office that afternoon I ventured to ask a fellow clerk, who had been a witness to the scene, what it meant. 'Is that clerk,' I inquired, 'subject to attacks of that kind?'

"The clerk questioned smiled indulgently. 'Oh,' he explained, 'there was nothing the matter with him. You see, one of the castors had come off his chair. The department will not replace castors—it repairs nothing less serious than a broken leg and now he will be able to get the castor put on again.'

THE WAY OF LIGHTNING.

A correspondent of Nature remarks that the now known facts seem to require a modification of the statement found in some text-books that "it is impossible to say whether a flash of lightning moves from a cloud to the earth or in the opposite direction." Many photographs of lightning taken in the Transvaal show that, in all cases, the discharges were from cloud to cloud, or from the clouds to the earth. Quite frequently, the correspondent says, he has observed lightning flashes leaving a cloud for the earth, but fading away before reaching it. The opposite phenomenon has not been observed.

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