

About the House

WAFFLES.

Rice Waffles—One teaspoonful of flour sifted with a teaspoonful of baking powder, one coffee cupful of cold boiled rice, one tablespoonful of melted butter, half a teaspoonful of salt, and three beaten eggs. Mash the rice fine, add the butter, then two teacupfuls of milk with the flour, and finish with the eggs. Beat all together. Have the waffle iron hot and well greased with butter. Fill three-quarters full and let the first side be well browned before turning.

Wilhelm Waffles—Mix one quart of flour with three tablespoonfuls of sugar, two large teaspoonfuls of baking powder, and half a teaspoonful of salt; work in two tablespoonfuls of lard or butter and add four beaten eggs with one pint of milk and the grated rind of a lemon. Beat until smooth, stiff batter and bake in hot, well greased waffle iron. Sprinkle with sugar before serving.

Soft Waffles—Sift together one quart of flour, two teaspoonfuls of baking powder, one teaspoonful of sugar, and half a teaspoonful of salt; rub in butter and add two beaten eggs with one and a half pints of milk. Mix the whole into a smooth batter and pour into hot and well greased waffle iron. Sprinkle with sifted sugar and serve hot.

Waffles with Yeast—Two eggs, one pint of milk, one-half ounce butter, one-half gill yeast, salt to taste, and flour enough to form a thick batter; warm the milk and batter together; beat the eggs and add them by turns with the flour; stir in the yeast and salt; when they are light, heat your waffle irons and butter them, pour in some of the batter, and brown them on both sides; butter them and serve them with sugar and cinnamon.

Waffles Without Yeast—Three eggs, one pint of milk, one teaspoonful butter, as much as will make a batter. Beat the yolks and whites separately; melt the butter and while luke warm stir it into the milk; whisk the yolks lightly, add to them the milk and flour alternately; beat it well, lastly, stir in the whites, which should be whisked dry. The batter should not be beaten after the whites are in. Grease your waffle irons after having heated them; fill them nearly full of the batter, close them, and place them over the fire; turn the irons so as to bake the waffle on both sides. When done take it out and butter it. These must be baked the moment they are mixed.

SOME ENGLISH RECIPES.

Rhubarb Wine—Have perfectly ripe fruit. Into one gallon of rain water cut eight pounds of rhubarb into thin slices, put it into a tub, and cover closely with a thick cloth. Stir thrice daily for a week, then strain through a cloth, and add four pounds of preserving loaf sugar the juice of two lemons, and the rind of one. To fine this, take one ounce of isinglass and dissolve it in one pint of the liquor in a china lined saucepan. When quite cold add it to the rest of the wine and cask it. When the fermentation is over bung it down.

Cornish Pasties—Make a short crust paste with half a pound of flour (sifted), a pinch of salt, half a teaspoonful of baking powder, two ounces of butter, and the necessary quantity of cold water to form a smooth but fairly firm paste. Roll it out, not too thin, and stamp into rounds about three and a half inches in diameter. Cut into quite small dice a quarter of a pound of raw lean beef or mutton, mix it with an equal quantity of raw potatoes cut similarly, season well, and moisten with a little water. Put a dessert spoonful of this in the centre of each round of paste, wet the edges, and shape each into a neat pasty, pressing the edges together, trimming and fluting same. Place them on a baking sheet, brush over with a little beaten egg, and bake in a moderate oven from forty-five to sixty minutes.

Fresh Lettuce—To keep Lettuce fresh from one day to the next, wet thoroughly and roll up lightly in paper, tucking the ends in firmly to exclude the air. A paper bag, the neck tied tightly with a string, will do. Celery may be kept crisp a long time in the same way. Cabbages keep well tied in bags and hung up.

Rusk—To four cupfuls of light bread dough add one-half cupful of butter, one cupful of sugar, and three eggs; mix thoroughly, adding enough flour to mold easily; with the hands form into high, narrow shapes; let rise again, wash over the top with sweetened water, and bake in a brisk oven.

THE KITCHEN.

Should be the focal point of our aggression, for herein lie many of the un-

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a food because it stands so emphatically for perfect nutrition. And yet in the matter of restoring appetite, of giving new strength to the tissues, especially to the nerves, its action is that of a medicine.

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seen possibilities to make or mar the health and contentment of a household. Rules looking to the preservation of health should be impressed on the mind of the one in charge of the kitchen, and in order to facilitate this matter—at the same time simplify it—a slate should be kept hanging in some convenient place in the kitchen containing rules regarding the sanitary care of food and everything appertaining thereto.

It should be remembered that boiling water is a valuable disinfectant within the reach of every household and should be used lavishly. All cooking utensils should not only be washed thoroughly, but rinsed in boiling water and dried before being put away. Soap or washing powder, added to boiling water, for scrubbing purposes, enhances its qualities of disinfection.

The majority of us know—for we have had many examples in the past and recently—the misery resultant from the use of impure water.

In cities and towns where there is the slightest suspicion that impure water exists it should not only be boiled for drinking purposes but for washing all uncooked vegetables, such as lettuce, celery, radishes, onions, etc.

Few women there are who do not know how salient an item is the scrupulous care of the icebox, yet how many of us take the trouble to see that this important work rightly is accomplished. It is monotonous reading to be told that this receptacle should be cleaned twice a week and wiped out daily. The waste pipe leading from the ice chamber too often proves a medium for the "solid food" culture of germs, as the constant dripping of melted ice, unless unusual care is taken, will form a gelatinous coat, on which the germs of fermentation thrive.

A strong alkali—such as potash—or chloride of lime should be poured down this pipe at least twice a week.

Sinks, washstands and toilets should receive careful attention and disinfectants should be used. Receptacles for garbage, of course should be kept covered, and as far removed as possible from the house. They should be scalded at least twice a week.

Cellar walls should receive their semi-annual coat of whitewash in the spring and fall of the year.

Lime, aside from being a disinfectant, will keep the cellar free from dampness. On clear days a circulation of air should be permitted. Cleanliness, pure air, and sunshine are within the reach of all, and constitute a strong ally to sanitary living.

UNFERMENTED FRUIT JUICES.

The value of pure, unfermented fruit juices for the sick and the healthy alike is just beginning to be appreciated. By the following method (for those who do not use the excellent preparations which can be bought) I have successfully kept cider and grape juice sweet for a period of two years, and could doubtless have retained it in that condition indefinitely, says a writer. Take the juice immediately as soon as it comes from the press (and it's better to have it pressed as early in the morning as possible), and place it, one gallon at a time, in an agate-ware or porcelain-lined kettle over a brisk fire. When the juice in the kettle begins to steam, place a like amount in a second kettle over the fire. Skim off very carefully all the scum that arises. Have ready a quantity of clean pint and quart bottles with corks or a number of clean pint and quart glass fruit cans. I use the latter. Just the moment before the juice comes to a boil remove it from the fire, pour it through a funnel in which a piece of flannel cloth has been placed, to strain out the possible impurities left in the juice in spite of skimming, and then cork tightly, if bottles are used, or screw the can tops down and seal, if fruit jars are employed. As a special precaution, when bottles are used, I take corks that can be pushed well into the neck of the bottles, cover the cork (one-fourth of an inch) with melted spermaceti or white wax. I also store the bottles on the cellar shelves, placing them flat on their sides. Repeat the foregoing process until the required quantity is prepared. Be sure to get juice from fruit of good quality.

MEDIUM'S PROPHECY.

Is Fulfilled by Death in a Strange Manner.

A spiritualist medium's prophecy was fulfilled in a remarkable manner recently in Paris by the death of Antoine Fleurier, who was killed at midnight by a motor car.

M. Fleurier, who was himself a spiritualist, was dining the other night with some bachelor friends, who noticed that he was downcast and silent.

They rallied him for being glum, when M. Fleurier said he had been told by a medium that he would be killed by a motor car at midnight that evening.

"I have arranged all my affairs, and made my will," he said. "And before leaving you all to-night I shall say goodbye to you forever, for I am certain you will never see me alive again."

After the party broke up at 11.30 p.m., Fleurier and a friend who lives in the same neighborhood failed to find a cab. They started to walk home together, and had not gone far when the hoot of a motor car horn was heard as they were crossing a road.

There was plenty of time for them to get across the road, but M. Fleurier, who seemed to be hypnotized with terror, remained in the middle of it and was run down.

He was picked up and hurried to a hospital, where he died at midnight.

The Young Husband (growling)—This chicken is like a piece of India rubber. The Young Wife (in tears)—Please don't scold, Tom; it is all my fault; I asked for a spring chicken.

READY TO LISTEN.

"And so," said her haughty father, "you wish to marry into my family?" "No, I haven't any desire to do that," replied the candid young man, "and if you can tell me of any other way in which I may have your daughter I'll be mighty glad to hear it."

SUFFERING WOMEN.

Need Just the Rich, Red Blood Dr. Williams' Pink Pills Actually Make.

From girlhood to middle life the health and happiness of every woman depends upon her blood. If her blood is poor and watery she becomes weak, languid, pale and nervous. If her blood supply is irregular she suffers from headaches and backaches, and other unspeakable distress which only women know. At every stage of woman's life Dr. Williams' Pink Pills are her best friend, because they actually make the rich, red blood which gives help and strength and tone to every organ of the body. They help a woman just when nature makes the greatest demand upon her blood supply. Mrs. H. Gagnon, who for twenty years has been one of the best known residents of St. Rochs, Que., says: "Dr. Williams' Pink Pills have been a blessing to me. I was weak, worn out and scarcely able to drag myself about. I suffered from headaches and dizziness, my appetite was poor, and to attempt housework left me utterly worn out. I slept badly at night, and what sleep I got did not refresh me. For nearly three years I was in this condition, and was constantly taking medicine, but found no benefit from it. One of my neighbors, who had used Dr. Williams' Pink Pills with much benefit, advised me to try them. I did so, and the whole story is told in the words 'I am well again.' There are times yet when I take the pills for they seem to me a guarantee against the troubles from which so many women suffer."

Dr. Williams' Pink Pills don't act on the bowels. They contain just the elements that actually make new blood, and strengthen the nerves. That's why they cure anaemia, indigestion, neuralgia, rheumatism, lumbago, headaches, backaches and heart palpitation, and skin diseases like pimples and eczema. That's why they are the greatest help in the world for growing girls who need new blood and for women who are troubled with irregular health. Sold by all medicine dealers or by mail from The Dr. Williams' Medicine Co., Brockville, Ont., at 50 cts. a box or six boxes for \$2.50.

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FRAGMENT OF GOSPEL.

Excavation in Southern Egypt Reveals Portion of Lost Gospel.

A singularly rich harvest has been yielded by the excavations which for years past have been carried on at Oxyrhynchus in southern Egypt under the direction of Dr. Grenfell and Dr. Hunt, of Oxford. Portions of hitherto unknown poems by Pindar and Euripides, a portion of a history of Greece written with great detail, and of critical commentary on the second book of Thucydides are among the most valuable items recently brought to light. The manuscripts are the work of the first, second and third centuries of our era, and are written on papyrus and on parchment. These fragments of the literature of classical antiquity will, without doubt, excite the interest and occupy the attention of scholars all over the world; but another item in the recent find will appeal powerfully to a far wider public. This is a fragment of a lost gospel written in very small but perfectly legible characters on a sheet of vellum and containing about 300 words arranged in 45 lines.

Dr. Grenfell described its contents as follows: "The subject dealt with is a visit of Jesus and his disciples to the temple at Jerusalem and their meeting with a Pharisee, who reproaches them with their failure to perform the necessary ceremonial of purification before entering the holy place. After a question and answer, in which the pharisee describes in some detail the formalities which he had himself observed, Jesus makes an eloquent and crushing reply, contrasting outward with inward purity. The whole incident, the account of which is practically complete, is very

striking, and is quite different from anything recorded in the canonical gospels. Among the most remarkable features of the fragment are its cultivated literary style, the vigor and picturesqueness of the phraseology, and the display of a familiarity with the topography of the temple, and with Jewish ceremonies of purification."

A correspondent writes to a Vienna newspaper: "The gospel fragment recently discovered among the ruins of Oxyrhynchus is the object of much attention and speculation in German theological circles. It is supposed by many to be likely to prove of equal value and importance with 'The Words of Christ,' brought to light on the same site some years ago. It includes a more complete and detailed description of the Jewish ceremony of purification as performed in the time of Christ than we had hitherto possessed, and we learn from it some details previously unknown respecting the temple at Jerusalem."

Jack: "So you are engaged to Miss Gotrox. I understand?" "Tom: "I am." Jack: "Well, I hardly know whether to congratulate you or not. She is very exacting, I hear, and if you marry her you will have to give up drinking and smoking." Tom: "Oh! well, it might be worse. If I don't marry her I'll probably have to give up eating."

"It is simply impossible for me to find bread for my family," said the loafer. "Same way here," remarked the grocer; "I have to work for it."

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