

# SOUND AS A

That sounds good, doesn't it?  
Never a cold or a cough but always perfectly well and hearty.



## COLTSFOOTE EXPECTORANT

Keep it in the house and use it at the slightest sign of an approaching cold or cough.

It positively cures **Colds, Coughs, Croup, Whooping Cough, Asthma** and all **Throat and Lung troubles.**

A pure vegetable syrup. Your druggist keeps it and recommends it. Price, 25 cents.

# COLTSFOOTE EXPECTORANT

## About the House

**Nut Cake.**—Cream thoroughly together three-quarters of a cupful of butter and one cupful and a half of powdered sugar. Add gradually and alternately three-quarters of a cupful of cold water and two cupfuls and a quarter of sifted pastry flour and beat hard. Whip the whites of five eggs to a stiff froth. To the batter add half the beaten whites, one-quarter of a teaspoonful of salt, and one teaspoonful of vanilla, and beat; then add one cupful of coarsely chopped or cut nut meats, the remainder of the whites, and one teaspoonful and a half of baking powder, and beat two minutes. Pour into a not too deep pan greased and lined with paper and bake in a moderate oven.

**Grape Ice.**—A grape ice is most refreshing either as dessert or for a cold dish just before retiring. To make it, mash the grapes and heat slightly until the seeds separate from the pulp. Press through a sieve, add an equal quantity of ice water, and sufficient sugar syrup to make very sweet. To each quart add one tablespoonful of lemon juice and freeze until firm.

**Boiled Tomatoes.**—Select rather small, round, firm tomatoes and fill them, side by side, in a saucepan. Drop in a teaspoonful of salt, pour over them sufficient boiling water to submerge, cover and place quickly over the hottest part of the fire, where they will boil in a moment. Keep at the boiling point until they begin to feel tender when pierced with a fork. Transfer at once to a heated platter; make two deep cross cuts in the centre of each with a sharp knife, and drop in a generous piece of butter which has been worked to a paste with a good seasoning of pepper and salt, then send to the table.

A good recipe for chow-chow is the following:—Chop fine half a peck of green tomatoes, half a peck of small onions, a peck of very small cucumbers and half a dozen green peppers. To these add three small heads of cauliflower, broken into small pieces; sprinkle salt over all and let them stand for twenty-four hours. Then drain well, pressing out all the moisture, and cover with vinegar. Cut three heads of white celery in small pieces, add a cupful of grated horseradish, half a pound of ground mustard, half a pound of mustard seed, two ounces of ground black pepper, two ounces of light brown sugar, half an ounce of ground cloves, and half an ounce of turmeric. Add enough vinegar to cover them, and let boil for fifteen minutes; then pour over the pickles. Put into glass jars and seal and let stand a month or longer before using. They improve with age.

**To Make Crisp Cucumber Pickles.**—Select small, long cucumbers of uniform size. Wash them in water with a cloth to remove the small spines. Pour over them a strong brine, boiling hot; cover closely, and let stand all night. Drain in a colander, and let dry on a cloth. Make a pickle with the best cider vinegar, a very little ginger root, a few small peppers and a little horseradish root. When the pickle boils, throw in the cucumbers, cover and let boil as quickly as possible for three minutes. Seal up hot in cans.

**Fine Mustard Pickles.**—The proportion given will fill a two-gallon crock. One-half peck small cucumbers, two quarts small silver-skin onions, two heads cauliflower picked apart, soaked over night in salt water. In the morning mix one dessertspoonful of turmeric powder and three-fourths of a pound of best mustard, with sufficient vinegar (taken from three quarts) to make a smooth paste. To the balance of the vinegar, heated add, one pound of brown sugar, one-half ounce each celery seed and white mustard seed, one teaspoonful each of cinnamon and cloves, and five cents worth of mixed

spices for pickling. Carefully add the mustard paste, and let it boil well; then add the mixed vegetables with two red peppers, finely chopped, and after it begins to bubble allow it to boil well for five minutes. Do not be persuaded to add tomatoes green or ripe, to mustard pickles.

**Preserved Tomatoes.**—The flavor of the small yellow strawberry tomato, which is sold in the market in the fall for pickles and preserves is identical with that of the tomato, but this fruit is much better for preserves, being a firmer, more plumlike fruit, with few seeds.

To make these preserves drop the tomatoes into boiling water. Take them out as quickly as possible and rub off the skins. Allow three-quarters of a pound of sugar to every pound of tomatoes, and a cup of water to every pound of sugar used. Allow the juice of one lemon to every two pounds of sugar used for syrup, with its yellow peel cut in thin chips. Allow also a quarter of a pound of ginger root, scraped and cut in thin slices, to every six pounds of sugar. Boil the ginger first in clear water and drain it. Weigh the tomatoes. Allow the amount of sugar necessary, and make a syrup of it, adding the cooked slices of ginger and lemon in the proportions given. Cook the peeled tomatoes in this syrup for about half an hour, and then skim them out and lay them on platters in the hot sun to harden. This last process is not strictly necessary. A very good preserve may be made if the tomatoes are transferred at once to the jars without standing in the sun. Let the syrup boil down after the tomatoes are taken out. Take out the candied lemon peel and ginger root which float on top, and clarify the syrup. To do this beat the whites of two eggs with the shell a little, and stir them into every three quarts of syrup; set at the back of the stove. If the syrup is boiling hot, it will cook the eggs and will not be clarified. Beat the eggs through the syrup often with a large egg whip or spoon. Bring it forward a little and let the syrup gradually come to the boiling point, and then simmer slowly for about half an hour. At the end of this time a thick scum will cover it, into which all the impurities in the syrup will have gathered, put the tomatoes into the jars if it has not already been done, our the clarified syrup over them, dividing the candied lemon peel and ginger root between the bottles. Seal them up, being careful that each jar is filled with boiling syrup to the brim.

Golden pippin apples and firm pears, like Flemish Beauties, are nice preserved in this way: Pare the fruit, allow the amount of water necessary to make the syrup and cook the parings in this water before syrup is made. Skim out the parings, add the ginger root cooked tender, the lemon peel chips, the lemon juice and sugar. When the syrup is ready, drop the fruit into it from the sold acidulated water in which it has stood, to prevent its becoming discolored, and let it cook in the syrup until it is tender enough for the straw to pierce it, but not until it breaks. Seal up the fruit, like the preserved tomatoes.

### HOUSEHOLD HINTS.

Keep tin vessels from rust by placing them near the fire after they have been washed and wiped dry.

Beat short crust well if you want it to be particularly light, and you will be surprised to find how much nicer it is.

To obtain a clear jelly or soup, boil the mixture for a moment with the beaten white of an egg, then strain through a fine sieve or cloth.

The dish-cloth in a well regulated house should be boiled with soda once or twice a week. An enamelled hand-bowl is always at hand and most useful for this purpose.

Ox gall is an excellent and delicate cleansing agent. It is really a liquid soda-soap. It removes grease and is found to fix and brighten colors, though it has a greenish color, which is bad for the purity of white articles.

Garbage pails and other dishes used for refuse from the kitchens should be emptied daily, and rinsed out with cold water after being emptied. Scald out such pails once a week with hot soda-water, scrubbing thoroughly and drying in the sun.

To Take a Spot From Light Cloth.—Put some flour into the oven, and when thoroughly hot (but not discolored) rub it on the soiled part, using a piece of clean flannel for the purpose. When the flour is discolored, brush it off and apply fresh. Two or three applications may be necessary.

To Renovate Black Chip Hats.—Take a little salad oil and a fine brush. With a clothes-brush remove all dust, and then apply a little oil all over the hat, brushing it in well. Next rub the straw

with a piece of black material, and the hat will be nearly equal to new at the cost of about one cent.

On Frying.—First let the fat heat slowly, and when a faint blue smoke rises it is ready. Test the fat by putting in a small piece of bread, if this turns a golden brown in a moment the fat is the right heat for frying. Do not put in more than a couple of pieces of fish, or meat, at a time or you will cool the fat too suddenly.

### TO HANG PICTURES.

Often in hanging pictures the greatest difficulty is experienced in getting the screw to fasten securely into the plaster. Here is a simple remedy which many professional picture-hangers follow in the course of a day's work. The hole made by the screw is enlarged, and the edges of the plaster are thoroughly moistened with water. Then the space is filled with plaster of Paris and the screw pressed into the soft plaster. When the plaster becomes hardened the screw will be found to hold very firmly.

### TAKE CARE OF YOUR UMBRELLA.

Umbrellas should always be set to dry open, with handle on floor. If allowed to dry shut up the moisture stands so long at the top it rots the silk and rusts the wires. Do not keep an umbrella in its case or rolled when in the house, as the silk, thus tightly creased, soon cuts into holes. In rolling up an umbrella for its case grasp the ends of the frame rods tightly with one hand near the handle, and roll from the opposite end with the other hand; unless the frame is thus held in place, it is twisted and loosened in the rolling process.

Miss Angelina (to Lucy, the parlor-maid)—"Lucy, if anyone calls to see me this afternoon, don't forget that I am only at home to Mr. Fitznoodle." Lucy—"Yes, miss." Interval of an hour, and Lucy reappears, looking rather flushed. "Well, Lucy?" "Please, miss, there's been five gentlemen call, and when I told them you were out to everybody but Mr. Fitznoodle, they all seemed very surprised and annoyed, while the last one said: 'I am sorry for Mr. Fitznoodle.'"

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Mrs. John Cuddy, Killaloe Station, Ont., says—"My baby was so nearly dead that I had to place my ear close to his breast to know that he was breathing. He was in this condition when I first gave him Baby's Own Tablets and I hardly dared hope that they would save him. But they helped him almost at once, and soon made him a well child. He is now two years old and weighs forty-five pounds and has never known a sick day since I first gave him the Tablets." Baby's Own Tablets cure constipation, indigestion, diarrhoea, teething troubles, break up colds, expel worms and give little ones natural healthy sleep. And the mother has a guarantee that this medicine contains no opiate or poisonous soothing stuff. Sold by all medicine dealers or sent by mail at 25c a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

### WHITE BEAR MINE.

The superintendent reports during the month of August 214 feet of development work was done in the mine. Of this 97 feet were driven, extending the north and south drifts on the No. 3 ore body on the 850-foot level. Thirty feet were drifted in No. 4 ore body on the 850-foot level. Twenty-five feet of this drift was in ore of shipping grade. The ore was four feet wide, and the smelter returns averaged between \$16 and \$18 to the ton. 33 feet of drifting was done on the seventh floor of No. 3 ore body on the 850-foot level. Seventeen feet in length of this ore is 16 feet wide and the rest is 10 feet wide. The ore still continues in the face of the drift. Smelter returns show a gross value of between \$16 and \$19 to the ton. A raise was made for 25 feet on No. 2 vein, 850-foot level. Two veins of ore were found here, varying in width from six inches to eighteen inches each. These veins assay about \$37 a ton. The ore still continues on and up. Nine feet were driven north on No. 3 vein, 700-foot level. The whole face of the drift was shipping ore. The east drift on the 1,000-foot level was extended twenty feet. The Superintendent concludes—"The outlook of the mine is very good." Smelter returns from August shipments netted the company over \$10 a ton. The President of the company, Mr. Thomas Mills, has been in Rossland during the past ten days, and has written that he has examined the workings, and that he is very much pleased with conditions as he found them, and that the mine would be on a permanent shipping basis before the first day of March next.

quitting prepared. The owner of a large office building, who had a room for his own use in one of the upper storeys, was visited one morning by a man with a bag. "Don't you want something sir," began the caller, "in the way of a new and improved outfit for marking handkerchiefs, collars, cuffs, and—"

"No, I don't," interrupted the owner. "How did you get up here? We don't allow pedlars or canvassers in this building." "You don't?" "That's what I said." "I saw no notice to that effect." "Well, you'll see one the next time you come. I shall have one put up." "In that case," rejoined the man, opening his valise with alacrity, "I have just the thing for you."

Here he displayed a neatly-painted card, over a foot long and nearly as wide, with this inscription in large letters: "No pedlars or canvassers allowed in this building on any pretext whatever." In recognition of his caller's cleverness, genial humor, and businesslike forethought, the owner not only bought the notice but invested in one of the marking outfits.

### MODERN PROVERB.

When a deaf and dumb girl gets proposed to, silence doesn't always give consent.

## WE RECOMMEND

# White Bear Mine Shares

THIS MINE adjoins (please note adjoins) The LeRoi—and is in a fair way now to repeat the history of that famous mine—About 250 tons were shipped (taken out in course of development only) in August—netting after paying for all transportation and smelter charges about **TEN DOLLARS** per ton.

The management, directors and shareholders deserve the greatest credit and the fullest measure of success for their persistency and courage. Do you realize what "Repeating the History of Le Roi" means? **FIGURE IT OUT:**

**\$100** Invested in Le Roi at 5c, now worth ..... **\$ 20,000**  
**500** Invested in Le Roi at 5c, now worth ..... **100,000**  
**1000** Invested in Le Roi at 5c, now worth ..... **200,000**

You can buy the non-assessable White Bear now on the open market at about 10c per share. Send for reports and particulars and judge whether it will likely sell for one dollar per share in the near future. You are the architect of your own fortune—only the "might have been" and "has been" prate dolefully of LUCK in others. Use your own judgment, investigate and **MAKE YOUR MONEY WORK.**

We Have Buyers and Sellers for

**North Star, Sullivan, Canadian Gold Fields Syndicate**  
**Amalgamated Cobalt, Nipissing, Consolidated Smelters, Canadian Oil, Colonial Loan Investment, Giant, California, Monte Cristo, etc., etc.**

In fact as a client aptly put it recently, we ask you to "Look up your BOX—examine your STOX—and write FOX." Somewhat slangy, but it's pointed and pithy.

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