

## About the House

### AUTUMN VEGETABLES.

**Portuguese Stuffed Egg Plant.**—Wash a large egg plant; drop it into boiling salted water; boil for ten minutes, drain and set aside until cold. Cut into halves and from each scoop out the centre, leaving the walls a little less than an inch thick. Chop the pulp fine and add to it one large green pepper, seeded, chopped fine and cooked for five minutes in one tablespoonful of butter, one medium-sized onion, grated, one cupful of drained tomato pulp, one heaping cupful of dried breadcrumbs, and one half of a cupful of chopped cold chicken. Season well with salt; refill each half with the mixture, heaping it over the top. Sprinkle with a tablespoonful of melted butter; place on a flat pan and bake in a quick oven until tender. Serve on a platter, and send with it a bowl of tomato sauce.

**Farcied Cucumbers.**—Pare short, thick cucumbers; cut off the top from each and scoop out the seeds in such fashion as to make a boat; drop into boiling salted water; boil for ten minutes, then drain. For six cucumbers peel two medium sized onions, pare and core three sour apples, and slice all quite thin. Fry in two tablespoonfuls of butter until tender, but scarcely colored; add one teaspoonful of salt, one-quarter of a teaspoonful of currie powder, one tablespoonful of flour, one-quarter of a cupful of fine breadcrumbs and one-half of a cupful of milk. Stir and cook for five minutes; set aside until cool. Fill the cucumbers; roll them in flour; dip in beaten egg; roll in breadcrumbs, arrange on a greased pan and bake for ten minutes in a hot oven. Serve with tomato sauce poured around them.

**Cucumbers and Onion Ragout.**—For six people thinly slice two large or three small onions. Heat two tablespoonfuls of dripping or butter in a frying pan, put in the onions, and cook slowly until they begin to color, then draw to one side of the pan. Add four cucumbers which have been pared, cut in long thick slices, dried and dipped in flour. Brown them rapidly and draw to one side; dredge in sufficient flour to absorb the fat, then gradually add boiling water to make a sauce—about one cupful and a half. Color with a few drops of kitchen bouquet, season with salt, pepper, a spoonful of tomato catsup, and a little walnut catsup, then cover and stew slowly for twenty minutes. Serve on toast.

**Turnip Croquettes.**—With a roast of lamb try turnip croquettes. Boil and mash white turnips, pressing as dry as possible. Season highly, and for a pint add one scant teaspoonful of onion juice, one teaspoonful of butter, one tablespoonful of chopped parsley, and one beaten egg. Stir over the fire until the mixture draws away from the sides of the saucepan; when cool enough to handle form into croquettes, egg, crumb, and fry.

### ROUND STEAKS.

**Smothered Round Steak.**—Take a slice of lean round at least two inches thick, trim off any extra fat and wipe with a damp cloth. Peel and thinly slice one onion and spread it over the bottom of the dripping pan. On it lay the steak. Mix one can of evaporated tomato soup or one pint of thick tomato sauce with one cupful of boiling water; pour half of it over the meat; cover closely and put in a moderate oven. Cook twenty to thirty minutes to the pound. When half done add a little more of the sauce, if necessary; the remainder is served in the gravy boat with the meat.

**Braised Steak with Vegetables.**—Take a round steak at least an inch and a half thick. Make a French dressing

## The Better Way

The tissues of the throat are inflamed and irritated; you cough, and there is more irritation—more coughing. You take a cough mixture and it eases the irritation—for a while. You take

## SCOTT'S EMULSION

and it cures the cold. That's what is necessary. It soothes the throat because it reduces the irritation; cures the cold because it drives out the inflammation; builds up the weakened tissues because it nourishes them back to their natural strength. That's how Scott's Emulsion deals with a sore throat, a cough, a cold, or bronchitis.

WE'LL SEND YOU  
A SAMPLE FREE.

SCOTT & BOWNE, Chemists,  
Toronto, Ont.

with three tablespoonfuls of olive oil and one of vinegar. Pour half of it over the upper side of the steak; let stand for an hour, then turn and marinate the other side. In the meantime slice two firm tomatoes, one carrot, and one onion, and make a bouquet with three sprigs of parsley, half of a bay leaf, a sprig of thyme, one clove, and a stalk of celery. Place the steak in a dripping pan, cover it with the prepared vegetables, add the bouquet and a cupful of water; cover closely and place it in a moderate oven, allowing twenty minutes to the pound. While the meat is cooking, scrape and dice one large carrot, one large white turnip, and one cupful of celery; also peel two dozen white button onions. Boil each separately in salted water until tender. When the onions are almost done, drain them, sprinkle with a teaspoonful of sugar, and draw to one side, shaking occasionally, that they may color slowly a golden brown. When the meat is done, drain off the gravy, rubbing it, with the vegetables cooked in it, through a sieve. Return to the fire, season highly; thicken with browned flour; add two tablespoonfuls of lemon juice and four tablespoonfuls of sherry; cover and keep hot until dished. Transfer the meat to a hot platter; garnish it with little piles of vegetables; pour over it a little of the gravy and serve at once.

**Stuffed Beefsteak.**—For this order a slice of round an inch and a half thick, and tell the butcher to make a slit on one side and through into the centre, to form a pouch or pocket. Make about a pint of stuffing, using stale breadcrumbs, a high seasoning of salt, pepper and thyme, and moistened with four tablespoonfuls of melted butter. Stuff the meat with this and close the opening with a skewer. Place on a rack in a braising pan; add one tablespoon of chopped onions, two finely cut tomatoes, one-half of a teaspoonful of salt, and one pint of stock or boiling water; cover closely and braise in a moderate oven for two hours and a half.

### THE PICKLING PROBLEM.

When it comes to "doing up" or "doing down" pickles, whichever you choose to call it, any woman knows that pickles can be made much more cheaply at home than they can be bought. It is just a question of her time.

If she should elect that they shall be made at home she will naturally look for the recipes calling for the least labor. In view of her needs the following are a few simple recipes, those requiring many pourings of the vinegar and repeated reheating having been avoided.

An easily-made chow-chow for immediate use is made by chopping equal parts of cabbage and green tomatoes with a quarter the amount of onions and a few green and red peppers. Season with salt and a little mustard seed, which must be well stirred through, pack in jars, and pour over it scalded vinegar. It will be ready for use in a few days, and will keep several weeks.

Another chow-chow has for its chief ingredient a half-peck of green tomatoes and three onions. Slice these and put in a stone jar with alternate layers of salt. In the morning pour over them a little fresh water and drain the tomatoes well. Put into a pot with half a cup of sugar, 2 cups vinegar, half teaspoon each of cloves, and one of nutmeg, cinnamon, and allspice, but no salt. Boil three or four hours, stirring often and bottle.

A few general rules will be sufficient guide for the pickler. Whether for sour or mustard pickles, soak cucumbers, green tomatoes, and cauliflower in salt and water over night. Drain well in the morning, and they are ready for the vinegar preparation, which may be poured over them hot, and into which they may be dropped whenever ready.

For a mustard pickle, take ½ gallon of cider vinegar, 1 cup sugar, bring to the boil, and add 1 cup flour, 6 table-spoons of mustard, or mustard and curry powder mixed, and ½ ounce turmeric. Wet the three latter with cold vinegar, and add to the hot. For ordinary pickles mixed spice should be added to the vinegar, and, if liked, a very little sugar. A few peppers and pieces of horseradish in the vinegar are a preservative and add to the flavor.

It is well to keep a crock of each preparation, the mustard and the plain, and drop the cucumber, bean, onion, and cauliflower, carrot, or whatever it may be. Cauliflower are the better for being boiled for about five minutes, then drained, and put in pickle. Carrots make excellent pickles.

### HINTS FOR THE HOME.

**To Remove Iodine Stains.**—Rub thoroughly with liquid ammonia and then rinse out in cold water before washing in the usual way.

Salt used in sweeping carpets will keep off the ravages of moths. The salt must be thoroughly dried before it is used.

In filleting fish always use a very sharp knife, trimming the edges afterwards with scissors. Wrap up the fish in a cloth till ready to cook.

Before cooking tapioca soak it in water till it is considerably swollen, and allow one and a half pints of milk to every ounce of tapioca, weighed before soaking.

**To Make Brown Boots Black.**—First rub the boots over with a small piece of fine sandpaper to take off all dirt, then rub in a liquid ammonia with a flannel. Next apply some American ink with a small brush, let dry, and polish as usual.

In case of fire when it is necessary to enter a burning room, or one choked with smoke, a wet silk handkerchief, tied in one layer over the face, is a complete and certain preventive against

suffocation by the smoke. By this means the smoke is entirely excluded from the lungs, and yet it is possible to breathe freely.

**To Clean Chamois Skin.**—Put six teaspoonfuls of household ammonia into a bowl with a quart of tepid water. Soak the chamois in this for one hour. Work it about with a spoon, pressing out as much as possible of the dirt; then lift into a basin of tepid water, and wash with the hands. Rinse well, and dry in the shade, then rub between the hands to soften.

### BLOOD TROUBLES.

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

Thousands of women suffer from headaches, backaches, dizziness, languor and nervousness. Few realize that their misery all comes from the bad state of their blood. They take one thing for their head, and another for their stomach, a third for their nerves. And yet all the while it is simply their blood that is the cause of all their trouble. Dr. Williams' Pink Pills cure all these and other blood troubles because they actually make new rich, red blood. Mrs. J. H. McArthur, St. Thomas, Ont., says: "Dr. Williams' Pink Pills have done me a world of good. For about eighteen months I was a constant sufferer. I was terribly run down and the least exertion left me fagged out. I slept badly at night and this further weakened me, and finally I had to give up housekeeping and go boarding as I was quite unable to do any housework. I took doctor's medicine but it was of little or no benefit. One day a neighbor told me how much benefit she had derived from Dr. Williams' Pink Pills and advised me to try them. I sent and got three boxes, and by the time I had used them I could feel a change for the better. Then I got four boxes more, and before they were all gone my health was fully restored. To see me now one would not think I had ever been sick for a day, and I can honestly say I owe my renewed health to Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills are the greatest cure there is for the weakness and backaches and sideaches of anaemia; all the distress of indigestion; all the pains and aches of rheumatism, sciatica and neuralgia, and the weakness and ill health that follows any disturbance of regularity in the blood supply. Sold by all medicine dealers or by mail at 50c a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

There are 5,400 square miles of coal-fields in Great Britain.

**NO ADULTERATION OR COLORING MATTER IMPURITIES OF ANY KIND IN**

# "SALADA"

CEYLON NATURAL GREEN TEA.

Put up in sealed lead packets to preserve its many excellent qualities

40c, 50c and 60c per lb.

At all Grocers

HIGHEST AWARD ST. LOUIS, 1904.

## POSTMEN'S SLEEP CLUB

CURIOUS LONDON MISSION FOR LETTER CARRIERS.

Institute Devoted Entirely to Sleep and Silence—Spartan Simplicity.

Even London, England, with its many mysterious institutions and societies, would probably fail to produce more than one club which is devoted almost entirely to sleep and silence. Such a club has, however, been in existence for many years, and was visited by a representative of the London Tribune, who found it established in a somewhat sombre building in Bartholomew close.

It is called the City Postmen's Institute, and its members are drawn from the great staff of postmen employed at St. Martin's-le-Grand. It was enveloped in a grave-like silence. There was no sign of life on the stairways, and the two lower rooms were locked. At the top of the building, however, an open door was found, leading to a small room occupied by eight or ten postmen.

### CURIOUS SPECTACLE.

The room was furnished with Spartan simplicity. A wooden table, a sofa, and a number of canvas deck-chairs practically completed its equipment. Most of the men had discarded their tunics. A game of draughts and a game of dominoes were in progress; a man slept peacefully on the sofa, and most of the deck-chairs also supported sleepers; the remainder of the party smoked and read newspapers and magazines. Intense silence reigned. Dominoes were shuffled noiselessly, papers were turned with the utmost care, and if a laconic

word was exchanged it was in a whisper.

A darkened room in the building contained four low camp-beds. On each bed was lying a postman, minus tunic and boots, slumbering soundly, in spite of the fact that outside the sun was at its highest. Another door was mysteriously opened, disclosing more gloom and another row of beds occupied by sleepers. The opening of a third door revealed the same curious spectacle.

### EIGHT HOUR DAY.

Subsequent explanations proved that although the actual working day of a postman employed at the General Post-Office does not exceed eight hours, the duty is frequently spread over twelve or fourteen hours, two or three hours of work alternating with a similar period of freedom. Most of the men live in the suburbs, and it was in order to provide a place in which they could spend their short spells of rest that the institute was established. Facilities for ordinary indoor recreations are provided, but sleep is the main object of the club, and those who prefer to smoke and read are scrupulously careful not to disturb their fellow members in the bedrooms.

### TREATMENT OF TREES.

Often the roots of fruit trees, more exhausted than the parts in the air, refuse to supply the branches with their proper nourishment. To cure or prolong life of trees possessing still a certain vigor a French investigator has injected solutions of sulphate of iron and other chemicals into the trunks. The liquid penetrates into the cells of the trees, but not into the old wood. It follows the young layers, descending into the roots to the depth of three and a quarter feet and rising to the top of the tree with a uniform distribution. Good results are said to have been attained.

# INVESTORS

Are awakening to the possibilities of profits in the mining industry. Watch the market now.

We have been recommending the purchase of some of the mining stocks, among them being Consolidated Smelters, Can. Gold Fields Syndicate, Sullivan, North Star, Dominion Copper, Granby Smelters, Nipissing Mines and a number of other British Columbia and Cobalt stocks, and we have consistently and persistently recommended

## White Bear Mine Shares

We want you to associate the name of Fox & Ross with White Bear, and remember we have said repeatedly we believe "Fortunes will be made in White Bear shares by purchasers who get in NOW" before permanent shipments commence.

We Have Buyers and Sellers for

California, White Bear, Cariboo McKinney, Sullivan, North Star, Grant, Kovelty, Virginia, Monte Cristo, Rambler, Can.

Gold Fields Syndicate, Consolidated Smelter, Granby Smelters, Nipissing Amalgamated - Cobalt, Albert, University, Foster. Colonial Invest-

ment & Loan, Dom. Permanent, Trust & Guarantee, Sun Hastings. Write or wire us about ANY Mining or industrial Security.

Do not fail to write or wire us TO-DAY.

WIRE ORDERS AT OUR EXPENSE.

## FOX & ROSS

STOCK BROKERS  
—Members Standard  
—Stock Exchange.

Standard Stock Exchange Building

Cor. Scott and Colborne Streets, TORONTO

Main 2765—ESTABLISHED 1887.