

## About the House

### THE PEAR AND WAYS THEREWITH.

As a healthful, all-the-year-round fruit, the pear deserves consideration as the apple's nearest neighbor, and a member of the same family. Winter pears we may have in the form of uncooked, fresh fruit, and, while many people consider that pears lack tone, or, humanly speaking, "force of character," that very fact makes them more delicate and often more pleasing when fresh or "put up." Altogether, however, they are a richer fruit than they seem. Pears, for instance, contain some fat, while peaches contain none, but casual popular opinion would decide the reverse to be the case. Of fat there is .38 per cent. of sugar and starch, the carbohydrates, about 12.68, of crude fibre 1.16 per cent. By comparison it will be found that while there is more water and refuse in the pear than in the apple, there are also more protein and more fat, so that the pear is by no means an insipid or insignificant fruit in real value, and there is scarcely a limit to the methods of varying its preparation for the table, fresh or dried and cooked.

**Pear Pyramid.**—Very ripe, juicy pears may be deliciously served, uncooked, by paring, slicing and placing in a glass dish with whipped cream heaped over them; thoroughly chill before sending to the table. Where the fruit lacks flavor, add a little lemon juice and sugar after slicing, before adding cream. Pear sauce may be given similar treatment and either with the sauce or uncooked, the addition of canned or candied cherries or preserved ginger gives a pretty, finishing touch as a "company" supper dish.

**Sauce for Shortcake.**—Pare, quarter and stew the pears and rub smooth through a colander. Add 1 cup of fine-sliced orange, with the juice, and sugar to taste. Pour over hot shortcake and serve with cream.

**Baked Pear Meringue.**—Pare and core good-sized pears and bake without sugar till tender. Remove from stove, place in flat dish, from which the dessert is to be served, and fill each core-hollow with chopped nuts and a little preserve of decided flavor, as lemon or ginger, with syrup. For the simplest mode omit nuts and marmalade, substituting syrup only. Over the top spread a meringue made with the whites of two or three eggs and  $\frac{1}{2}$  cup of sugar. Replace in oven to brown lightly. Serve hot or cold with cream.

**Stuffed Pears.**—Pare and core rather large pears and in the centre of each place a seeded date. Bake with only sufficient water to keep from burning, till tender, being careful that the pears retain their shape. Place in dish for serving and cover with custard made from yolks of 2 eggs, 1 pint milk, 1 dessertspoon corn starch. Place meringue made of the whites of eggs on top.

**Bread Pudding.**—Prepare fruit as for stewing, adding a thin-sliced lemon and for each cup of sugar using 1 cup of water. In an earthen pudding-dish place half the pears and syrup. On this spread bread prepared by mixing 1 pint soft crumbs with 1 tablespoon butter, 1 cup warm water, the yolks of 2 eggs whipped with  $\frac{1}{2}$  cup sugar and a little grated nutmeg, and last, lightly, the 2 egg whites. Cover and bake  $1\frac{1}{2}$  hours and serve with plain sauce flavored well with lemon juice.

**Trifle, an English Recipe.**—Prepare fruit as above and fill baking dish with alternate layers of sponge or other plain, stale cake, and pears, pouring over it yolks of 3 eggs beaten with  $\frac{1}{2}$  cup sugar and, if liked,  $\frac{1}{2}$  cup grated coconut. With the fruit syrup this should be sufficient liquid. Bake till a light

brown, then add meringue of the whites.

**Compote.**—Pare and core large pears and simmer till tender in a syrup made of 1 lb sugar, 1 pt water and the juice of  $\frac{1}{2}$  lemon. If very large halve the fruit. Place in serving dish and on them spread apple or other delicate fruit jelly. Meantime cook down the syrup until it strings from the spoon and pour over the jellyed fruit. Serve cold. This is prettily varied by placing in individual serving dishes, before adding jelly or syrup. In this way each pear should be glazed or candied when cold.

**Dumplings.**—Make a biscuit dough, roll thin and cover with a layer of baked, pared or stewed pears, or sliced ripe ones. Sprinkle over with a little spice and roll as for roly-poly. Cut this across in slices nearly an inch thick, drop a bit of butter on each and place in baking pan in oven for 15 minutes. Then pour over them a thick sugar syrup and bake till brown.

**Sherbet.**—This may be made with fresh, juicy, sliced fruit or with a simple pear sauce. For 10 medium-sized pears have ready a syrup of 1 lb sugar to 1 qt water. Let cool and add fruit with juice and grated rind of 1 lemon, and 1 tablespoon gelatin dissolved in  $\frac{1}{2}$  cup warm water. Freeze partially, then remove top of freezer and add whipped white of 1 egg for each pint of sherbet and finish freezing.

**Pear Ice.**—Use very sweet apple cider or unfermented perry instead of the syrup, adding pears and lemon, and freeze without the egg or gelatin. A tablespoon of sweet, homemade wine may be used with the syrup or cider instead of the lemon.

**Brandied Pears.**—To 4 lbs each of fruit and sugar and 1 qt water, take 1 pt purest brandy. Cook the sugar and water together until a syrup results, when add the pared pears, cooking them for 5 minutes, at boiling point continuously. Remove fruit to preserving jars and cook syrup 10 or 15 minutes longer, till well thickened. When quite ready add the brandy very carefully, away from any flame, stir and remove at once from stove. Pour this over the fruit and seal. Should any reddish juice exude from fruit on taking it from the fire, pour it off before adding syrup.

**Spiced Pears.**—To 12 lbs pared, cored and halved pears, take 3 pts best vinegar,  $\frac{1}{2}$  cup each stick cinnamon and whole cloves and 5 lbs sugar. When boiling well place pears in the syrup, cooking until tender, then seal while boiling hot.

**Perry.**—Perry is made from pears as in cider from apples, but is richer. In many parts of England it is used more freely than any other drink, being made from coarse, rough pears unpalatable for eating purposes.

### SAUERKRAUT SECRETS.

The cool fall months are best for kraut making, because of the slower ripening of the product and because of the season of maturity of hard heading varieties of cabbage. These are the only sorts suited to cut with a machine without careful examination of the heads, leaf by leaf, for worms and insects which abound in the looser heading summer cabbages.

We use a barrel just washed in salt brine with the head carefully taken out. Cut the cabbage heads off in the morning and put in a cool, shaded place till worked up, which should be the same day. Trim the heads down to the solid white leaves, wash them, cut in halves or quarters and cut into a large clean tub. We use a good 3-knife cutter, owned co-operatively by half a dozen neighbors. When the tub is cut full, it is salted lightly, as for cooking, and well mixed before pouring in the barrel, which is put near the cellar wall or a convenient post, to permit the use of a lever and follower, or false top in pressing down the kraut. When the barrel is pressed solidly full, with salt to the amount of 3 pts to an ordinary barrel, replace the head, tighten the hooks, bore a small auger hole in the head and fill with cold water all the barrel will take up. Keep water over the head until working stops, then plug bore a small auger hole in the head till cold weather, to keep cool and air-tight. Too much salt prevents the proper ripening of the kraut, making it too sour, and poor in flavor.

Never use the old-time maul or pounder, which bruises the fibre into clear, yellowish strings, with most of the juice pressed out, and which, compared with the white, crisp, nutty-flavored pressed down kraut, is nearly worthless. Prepared as above, barrels are ready for market or home use in a month, and for an easy, satisfactory and profitable method, it is unsurpassed.

We wish to advise everyone to never spray cabbage with paris green, never use loose heads for kraut, and never pound it down.

### LITTLE WEAKNESSES.

#### Men Should Be Constantly on Their Guard Against Them.

One of the strangest paradoxes in human nature is that men and women, struggling apparently with all their might to succeed, are yet constantly doing things, saying things, and thinking things which drive the very success they are after away from them. They are all the time counteracting their efforts by some indiscretion.

Men work like Trojans get a coveted position, and then, by getting puffed up with conceit, or by some foolish or weak act, knock the scaffolding, which they have been years in building, out from under them, and down they go. Their lives are a series of succes-

sive climbs and tumbles, so that they never get anywhere, never accomplish anything worth while.

There are thousands of men who are working in very ordinary salaried positions, who might have been employers themselves but for some unfortunate weakness, some little deficiency in their natures, or some peculiarity—something which might have been remedied by a little discipline and self-study in youth. Others are always driving success away from them by their doubts, their fears, their lack of courage, their lack of confidence—driving it away by thought habits which repel success conditions.

### COULD SCARCELY WALK.

#### A Rheumatic Sufferer Cured by Dr. Williams' Pink Pills.

Rheumatism is rooted in the blood—that is a medical fact every poor rheumatic sufferer should know. Liniments and outward applications cannot possibly cure rheumatism. They are a waste of money, and while the sufferer is using them the disease is steadily growing worse—is slowly but surely taking a firmer grasp upon the entire system. Rheumatism must be treated through the blood. That is the only way in which the poisonous acid can be driven out. Dr. Williams' Pink Pills actually make new blood and thus always cure rheumatism. Every dose of these pills helps to make new rich red blood which sweeps the poisonous acid from the system, loosens the aching joints and muscles and gives the rheumatic new health free from pain. Among those who can bear witness to the truth of these statements is Miss Dorsina Langlois, of St. Jerome, Que., for weary months she suffered from rheumatism and had begun to think she was incurable. "I could not straighten up," says Miss Langlois. "My limbs were almost useless, so stiff were they. For many months I endured such pains as only rheumatic sufferers can understand. Although only thirty years of age the suffering I endured actually made me look like an old woman. I used liniments and tried several medicines, but got not the slightest help until almost by chance my attention was directed to Dr. Williams' Pink Pills. I began taking them and in the course of a few weeks I could see they were helping me. Little by little the pain began to go, and the stiffness to leave my joints. I continued taking the pills for several months when every symptom of the trouble had disappeared. I have not felt a twinge of rheumatism since, and I bless the day Dr. Williams' Pink Pills came to my notice."

Dr. Williams' Pink Pills never fail to cure rheumatism because they go right to the root of the trouble in the blood. That is why these pills cure all the common ailments due to poor and watery blood, such as anaemia, headaches and backaches, indigestion, neuralgia, St. Vitus dance, general weakness, and the distressing irregularities that afflict women and growing girls. If you need a medicine you will save money by taking Dr. Williams' Pink Pills at once. See that the full name, Dr. Williams' Pink Pills for Pale People is printed on the wrapper around every box. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

### SOLOMON UP TO DATE.

#### Sicilian Judge in an Attempt to Repeat History Got Left.

A case that bears a striking resemblance to the familiar problem the solution of which is inseparably bound up with King Solomon's fame came up recently for decision here before the circuit judge at Georgia, Sicily. Two peasant women claimed with equal vehemence ownership of a pretty baby boy, one accusing the other of posing as the real mother, after having had the child in temporary charge. The judge remembering the Scriptures, thought he could do no better than follow King Solomon's example. He ordered the child to be tied to a bench, and, producing a carving knife, spoke the famous words that ought to have led to the immediate discovery of the true mother. But times have changed. If the Italian newspaper report is to be believed, the two women cried out simultaneously:—"If you must cut it up, Excellenza, you may as well keep the pieces!"

### A THANKFUL MOTHER.

"I thank you with all my heart for what Baby's Own Tablets have done for my little girl," says Mrs. Antoinette Charette, Jr., of St. Boniface, Que. "When I began giving her the Tablets she seemed to be pining away, but after using less than a box she was rapidly gaining and she is now a fine, fat, healthy little one, and I write you this as the acknowledgement of a mother who will never forget what Baby's Own Tablets have done for her child." Letters like this must bring hope and comfort to all mothers who have feeble or sickly children. Baby's Own Tablets will cure all the minor ailments and can be given just as safely to a new born baby as to a well grown child. If you cannot get these Tablets from your dealer write The Dr. Williams' Medicine Co., Brockville, Ont., and get them at 25c a box.

Physician: "I shall have to forbid you smoking, drinking, bowling and keeping late hours." Patient: "Ah, I see, my wife has been consulting you." Kind Lady: "Here is a glass of water. Certainly you can drink that." Tramp: "No, mum. I've got an iron constitution, and the water would rust it."

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### STRATHCONA'S BIG FEAST

#### CANADA'S GRAND OLD MAN ENTERTAINS 2,500 GUESTS.

#### All Britain Was Interested in the Dinner Given at the Aberdeen University Celebration.

Of all the features of the great celebration marking both the opening of the new Marischal College of the University of Aberdeen and the four hundredth anniversary of the institution, the most striking was the banquet given by Canada's High Commissioner, Lord Strathcona, to 2,500 people, at a cost of about \$45,000. This great undertaking was carried out without a hitch, though it entailed the bringing of a complete staff of 750 waiters, cooks and attendants from London and the erection of a building two hundred feet square. The banquet was attended by distinguished men not only from the British Isles but from all parts of the world, who came to do honor to this great Scottish University.

#### STAGGERED THE PRESIDENT.

The genesis of this great undertaking was this:—

Lord Strathcona, that grand old man of Empire, who is Chancellor of the University, and who has contributed some £30,000 to its modern improvements, met the president on a visit some time ago, and was talking with him about the forthcoming celebrations. "If it were possible," said his Lordship, "I should like to take some small part in showing my interest in the great gathering at the University. Do you think it would be acceptable if I asked everyone present—students, delegates, graduates, officials, and visitors—to a dinner?"

The president was a little staggered at the number. He said: "Why, there will be some 2,500 persons."

"I see no difficulty," answered Lord Strathcona.

"For one thing," continued the President, "we have no hall in Aberdeen which could seat that number at dinner."

"In Canada," returned Lord Strathcona, "that difficulty would not trouble us. We would build a hall."

"The cost would be tremendous." "I beg you," said his Lordship, "not to allow the question of cost to disturb you."

#### THE HALL DESCRIBED.

And so it came about that not only did Lord Strathcona entertain 2,500 persons at dinner, but he built a hall to accommodate his guests while they ate. Experts were called in, and the banquet hall began to fly up as if by magic. Meanwhile a celebrated London caterer had been engaged on the gigantic task of organizing supply. Indeed, it was necessary to bring the caterer into consultation about the hall itself, for to provide a first-class meal for 2,500 persons simultaneously was so heavy a task that structural conditions had to be so managed that they aided instead of hindering it.

Two days before the banquet the great building with its adjuncts, was practically finished, and hundreds of visitors came to inspect it as one of the sights of holiday Aberdeen. In a piece of open ground in the Gallowgate, within a hundred yards of the University, there was spread a huge white bungalow, fronted by a trellised verandah, which was brightened by greenery. This was the Strathcona dining-hall. The interior was 200 feet square, and across one end was a platform a foot high, and forty feet wide. That was for the chairman's table.

It was hard to think the great apartment was only for the day, for it was finished as if it was a room in a mansion. Red cloth floored the place, and while the upper portion of the walls was in blue, the dado was a painted white and the ceiling was papered in white. All round the outside of the hall were the kitchens and the ante-rooms. Among the other kitchen equipment were five fifty-gallon copper steam pans for the turtle soup, and the steam for heating them was conducted from an outside boiler measuring 14 feet in height and 5 feet in diameter.

#### SOME OF THE DETAILS.

There were hundreds of yards of tables and shelves in the temporary kitchens to accommodate the train load of tableware sent down. Some indication of the magnitude of the caterer's task may be gathered from the fact that of plates alone 24,000 were necessary.

There was nothing makeshift in the arrangements. Carpenters were busy for days filling up cloak rooms, where every one of the guests was provided with a peg for his hat, a hook for his

coat, and a stand for his umbrella—each one separate from every other one. Seven hundred and fifty waiters, chefs and cloak-room attendants came down from London in two special trains the previous night.

Lord Strathcona arranged for the remains of the great feast to be distributed among the various charitable institutions of the place. More than that, he placed in the hands of the Lord Provost a sum of £500 to provide an entertainment for the poor on the day of the King's visit, and as a result a dinner was given to a number of the poorest citizens, while others received gifts of tea, sugar, and beef.

The total cost of the Strathcona banquet was estimated at £9,000, just under £2 for each guest, and £3,000 for the building, and the remainder for incidental expenses.

#### WHAT THE MENU INCLUDED.

Though the numbers were so large the banquet was as complete as if only a dozen people were sitting down to it. The list of supplies ordered gives some idea of the magnitude of Lord Strathcona's undertaking. These included 350 cantaloupe melons, 90 live turtles, 100 whole salmon, 800 large soles, 800 large lobsters, 2,400 quails, 1,200 partridges, 500 Surrey capon, 200 pairs of best ends of lamb, 250 pigeons, 40 York hams, 94 ox tongues, 1,800 lettuces, 400 endives, 130 lb. of tomatoes, 3 bushels of beet-roots, 120 cucumbers, 2,000 eggs, 964 dishes of sweets, 650 lb. of Muscat grapes, 800 peaches, 800 nectarines, 14 crates of bananas, 20 boxes of apples, 1,200 pears, 3,000 bottles (250 cases) of wines (sherry, hock, claret, champagne, port, and liqueurs), 20 cases of whiskey, 600 bottles of Apollinaris, 60 dozen syphons of mineral waters, 200 boxes of cigars, 10,000 Quo Vadis and State Express cigarettes, 4,000 rolls, 120 boxes of flowers, 8 tons of ice.

There were also 12,000 glasses, 24,000 plates, 45 hampers of table cloths and napkins, 48,000 knives, forks, spoons, etc., 850 flower ornaments.

#### WHO WERE PRESENT.

Among those present were: Principal Lang, the Archbishop of Canterbury, Lord Kintore, Sir Frederick Treves, the Prince of Monaco, Lord Aberdeen, Lord Errol, Mr. J. Sinclair, M.P., the Secretary for Scotland; Mr. Thomas Shaw, M.P., the Lord Advocate; Mr. Bryce, M.P., Chief Secretary for Ireland; Mr. Andrew Carnegie, Sir Alexander Baird, Sir James Reid, Principal Sir William Turner, Sir Edward Fry, Mr. Haldane, M.P., Secretary for War; Sir Henry Craik, Principal Sir Oliver Lodge, Sir T. McCall Anderson, Sir William Ramsay, the Lord Provost of Edinburgh, Sir Theodore Martin, the Lord Provost of Glasgow, Sir Dyce Duchworth, Sir James Siveright, Sir J. Crichton-Browne, Sir Robert Ball, and Sir Archibald Geikie.

During the dinner the pipers of the Gordon Highlanders were loudly applauded as they went round the hall playing Highland airs. Grace was said by the Moderator of the General Assembly before, and the thanksgiving by the Archbishop of Canterbury after, dinner.

#### A TASTE OF THE SPEECHES.

Lord Strathcona, in proposing the toast of the King, spoke in the name of his subjects throughout the whole British Empire. That day His Majesty had done an act which had given great pleasure, not only to the citizens of Aberdeen, but to the representatives of the sister kingdoms and of all the great nations beyond the seas who had sent delegates there. He congratulated Lord Provost Lyon on his knighthood, and acknowledged for the University all that had been done for it by the corporation.

The toast was received with great enthusiasm.

The Chancellor next proposed "The Queen, the Prince and Princess of Wales, and the other members of the Royal Family," and made reference to the true loyalty which the Prince and Princess in their recent travels had found pervading the Empire, and the keen interest felt by the colonies in the joint welfare of all the nations under our King's sway.

Lord Balfour, in proposing the toast of "The University of Aberdeen," said the Scottish people were proud of their universities. They were truly national institutions that had caught the genius of the nation, and had never been more desirous than now of rendering true services to the people. None, however humble or poor, need go without higher education in Scotland, and especially in Aberdeen. (Cheers.)

The other speakers of the evening were: Principal Lang, Sir Frederick Treves, and Mr. Andrew Carnegie, the great banquet was closed by a short acknowledgment by Lord Strathcona of the vote of thanks tendered him for the night's hospitality.

## Throat Coughs

A tickling in the throat; hoarseness at times; a deep breath irritates it;—these are features of a throat cough. They're very deceptive and a cough mixture won't cure them. You want something that will heal the inflamed membranes, enrich the blood and tone up the system . . . .

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