

About the House

SELECTED RECIPES.

Scalloped Herring.—Soak four or five Norway salt herring over night. Divide down the back; remove all the skin and bones and cut into squares. Have ready a dozen good-sized cold-boiled potatoes—slice these rather thick. Butter a baking dish and fill it with alternate layers of the fish and potatoes, adding butter and a generous sprinkling of pepper to each layer of fish, beginning and ending with the potatoes. Make a custard with three cups of milk and three well-beaten eggs—a tablespoonful of flour or cornstarch may be substituted for one of the eggs. Pour the custard over the fish and potatoes, and last of all, cover with a cup of fine breadcrumbs mixed with a teaspoonful of melted butter to which you have added a few drops of lemon juice. Bake in moderately hot oven for about forty minutes, but not long enough to harden the egg. Place a bunch of curly fresh parsley in the centre, fold a napkin around the dish and serve.

Broiled Yarmouth Bloater.—Wash and wipe dry. Broil in a double wire broiler over a clear strong fire until nicely browned, place upon a hot platter and squeeze a little lemon juice over it. Garnish with parsley and lemon quarters.

Salt Fish Souffle.—Take two cakes of finely choppea, cooked, freshened salt fish, eight good-sized potatoes, three fourths of a cup of milk, four eggs (three will do), quarter of a teaspoonful of pepper, half a teaspoonful of salt and two ounces of butter melted but not oily. Pare, boil and mash the potatoes and mix with fish, add the butter seasoning and the milk, hot. Beat two of the eggs very light and stir them into the mixture, turn into the dish in which it is to be served and place in the oven for ten minutes. Beat the whites of the two remaining eggs to a stiff white froth, add half a teaspoonful of salt and the beaten yolks, spread this over the fish, return to the oven and brown, then serve.

Cod au Fromage.—Mix one cup of cold-boiled macaroni, broken into bits with one cup of cold-boiled codfish flakes and put in a buttered baking dish. Take two level tablespoonfuls of butter, break into bits and strew over the top with a sprinkling of salt and pepper. Use sufficient milk or drawn butter to moisten the ingredients, cover with breadcrumbs, sprinkle with grated cheese and bake until a nice brown.

Boiled Ham.—Select a ham of convenient size, weighing 12 pounds perhaps. Soak it over night in ice water, being sure that the water completely covers it and adding to the water a heaping teaspoonful of baking soda, half a cupful of cider vinegar and a tablespoonful of brown sugar. When ready to boil, drain from the water and place it fat-side down in a large granite kettle, cover it with water and add one scraped carrot cut in slices, a table spoonful each of ground allspice and mace, a teaspoonful of celery salt, half a teaspoonful of white pepper, two table spoonfuls of vinegar, one whole onion stuck with half a dozen cloves and one tart apple peeled and cut in quarters; bring slowly to the boiling point and then push to the back of the range where it will only simmer; allowing for a 12-pound ham about five hours. When cooked remove from the water, peel off the skin with a sharp knife, rub over quickly with thick maple syrup, sprinkle thickly with browned bread crumbs, and crisp in a hot oven for 20 minutes; garnish the protruding bone with a decorative paper frill, arranging pickled beets and boiled vegetables cut in fancy forms as a border around the edge of the platter.

Ham in Aspic.—If the ham is to be served cold, after removing the skin, cool and cover with the following preparation: Cook together in a saucepan two small onions, a stalk of minced celery, two carrots cut in dice, two sprigs of parsley, a teaspoonful of sugar, a saltspoonful of salt, a pinch of sweet herbs and a pint of cold water. When the vegetables are very tender strain off the liquor through a piece of cheese-cloth into a clean saucepan, adding to the liquor three teaspoonfuls of beef extract and an ounce of gelatine dissolved in a cupful of cold water; return to the fire and again bring to the boiling point, season with salt and pepper and flavor with a few drops of lemon juice. Strain through a flannel bag and cool in a bowl placed in a pan of ice water. As the liquor begins to thicken into a jelly, spread it over the ham with a wide-bladed knife and garnish with truffles, stuffed olives and slices of hard-boiled egg before the aspic hardens.

HOW TO CHOOSE COLD MEAT.

How many people know how to select good beef? Even butchers pass around carcasses after carcasses with indifferent judgment. Houskeepers do the same at a butcher shop or in a big market. The following may be some guide to both the marketman and the housewife in aiding them to select good meats.

Let us imagine ourselves before a butcher's block having on it four pieces of beef presenting faces from the round or sirloin. One is dull red, the lean being close grained and the fat very white; the next is dark red, the lean loose grained and sinewy and the fat white and shining; the third is dull red, the lean loose grained and sinewy and the fat yellow; the fourth is bright cherry red, the lean smooth and medium grained, with flecks of white through it,

and the fat creamy—neither white nor yellow. The first of these is cow beef; the second, bull beef; the third, beef from an old or ill-conditioned animal, and the last is ox beef. Ox beef—that from a steer—is the juiciest, fine flavored, sweetest and most economical to buy of all beef. It is called "prime" when the lean is very much mottled with white fat flecks, and when it is from a heavy young animal (about four years old), stall-fed on corn. Beef from a young cow that has been well fed and fattened is next in merit to ox beef. Beef from an unmatured animal is never satisfactory, being tough and juiceless. It may be easily recognized, as its color is pale and its bones small.

ACHING KIDNEYS.

Made Sound and Strong by Dr. Williams' Pink Pills.

There is probably no one in the town of Paris, Ont., who does not know Mr. Samuel G. Robinson, and who will not readily accept his word when he says that Dr. Williams' Pink Pills cured him of an obstinate case of kidney trouble after other treatment had failed to give him more than temporary relief. To a reporter of the Star-Transcript Mr. Robinson freely gave permission to publish a statement of his case in the hope that his experience might benefit some other sufferer. He said: "I have suffered from kidney trouble for about three years. Sometimes my back ached so severely that I was unable to work, and at times it was almost impossible for me to straighten up. I had to urinate very frequently and often had to get up several times during the night. At different times I was under the care of doctors, but I only got relief for a time. I also tried a number of medicines and bachea plasters, but none of them helped me and I began to think the trouble could not be cured. One day during a conversation with a friend he asked me why I did not try Dr. Williams' Pink Pills, saying that he had used them and they had done him much good. I decided to try the pills and it was not long before I felt greatly benefited. I continued using the pills for some time longer and I am glad to say that every vestige of the trouble has disappeared and I am now as well as ever. Dr. Williams' Pink Pills have proved a blessing to me and I gladly recommend them to anyone similarly afflicted."

Dr. Williams' Pink Pills are the greatest cure in the world for all the common ailments of men and women—for all weaknesses and weariness, and backaches and headaches of aemia; all the heaviness and distress of indigestion; all the pains and aches of rheumatism, sciatica and neuralgia, and all the ill health that follows any disturbance of regularity in the blood supply. All these ailments are caused by bad blood and Dr. Williams' Pink Pills actually make new, rich, red blood. They strike straight at the common root of disease. But you must get the genuine pills with the full name Dr. Williams' Pink Pills for Pale People on the wrapper around each box. Sold at 50 cents a box or six boxes for \$2.50 by all dealers or the Dr. Williams' Medicine Co., Brockville, Ont.

HOUSEHOLD HINTS.

When the drawers of bureaus, tables, or other furniture stick, or cannot be opened or shut without difficulty, try wetting the surface of a piece of common soap and rub it over the parts that stick. This will make the wood slippery and in most cases the troubles will be remedied. This is also a remedy for doors which in new flats or houses are likely to settle or apt to scrape at the top as the building settles. Use soap on them, and it will save the trouble of calling in a carpenter.

During damp weather salt shakers will clog on the inner side of the holes. If a few kernels of rice are placed in each cellar with the salt, it will sift better. Cornstarch mixed with the salt will prevent its absorbing dampness. When it is possible during the damp season, the salt cellars should be cleaned and freshly filled every day. The latest salt cellar has a glass perforated top, which has two glass prongs extending down into the bowl. These can be revolved by turning the top.

Mincing Machines.—No matter how carefully the mincing machine may be kept, it will be found very difficult to avoid blackening any vegetable that may be put in after meat. The different parts of the machine should every now and then be separated and boiled after the meat has been chopped, but before doing this a little bread should be put through the mincer, as this will clean the interior perfectly.

LITTLE LIVES SAVED.

Many a little life is lost because the mother does not have the means at hand to aid her little one at the first signs of illness. In homes where Baby's Own Tablets are kept the mother always feels a sense of security. These Tablets cure colic, indigestion, constipation, simple fever, diarrhoea, teething troubles and other minor ailments of babyhood and childhood. Baby's Own Tablets always do good—they cannot possibly do harm. Thousands of mothers keep these Tablets in the house and use no other medicine for their children. Mrs. Wm. Brown, Deer Park, Toronto, says: "I find Baby's Own Tablets of the greatest help to my little ones and would not be without them." Sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

As little Tommy was about to climb into his chair at the dinner-table his mother said: "Are your hands clean, dear?" "Course they are!" answered Tommy. "If you don't believe it, look at the towel."

KING AS HIS OWN GUEST

CURIOUS ROYAL ETIQUETTE WHEN HIS MAJESTY VISITS.

Everything Is Arranged and Timed According to His Ascertained Wish.

It is a little-known fact that when King Edward does a friend the honor of staying at his house His Majesty becomes his host's host and his own guest. This strange, topsy-turvy order of things is, of course, the outcome of the rules of etiquette governing such visits of His Majesty to his distinguished subjects, and these rules practically lay it down that the King is always host. And it is not a mere assumption, for in many ways His Majesty actually does take the rank of host in his host's house, while the host ranks as the principal guest, with free run of the place, excepting, of course, the suite of apartments set aside for the King's exclusive use, to which no one goes uninvited.

In the first place, as is generally known, King Edward selects what friends shall be invited to meet him at any mansion he visits, and, although invitations are sent out in the names of his host and hostess, they practically emanate from the King, and are valued accordingly. All other arrangements for the visit are made at the discretion of the host as host; but the moment the august guest arrives the strange transposition takes place; His Majesty is quite as much his own host as he is the host of those who visit him in his own palaces, and his daily life is ordered much the same. But there is the difference that in the homes of his friends, albeit the host, he is the entertained, not the entertainer, but everything is arranged and timed according to his ascertained wish.

AS IN HIS OWN HOMES.

As a general rule, King Edward spends the greater part of his time in his own apartments, and rarely appears among the company earlier than luncheon, and very often not before dinner, which is served between eight and nine. But when His Majesty elects to lunch in his private apartments he frequently invites his host or one of the most distinguished of the other guests to join him. These rules do not hold good, however, when he is visiting for shooting, for at those times the King likes to be out about ten in the morning, after breakfasting in private; and luncheon is taken—probably at some lodge or other—without the other "guns."

It is customary for His Majesty to be attended at dinner by his own servants, who sometimes precede him by a short time on his visit. They serve him in his private apartments, and are sometimes assisted there by one or two of the house servants when His Majesty has invited—a very rare thing for him to do—more persons to lunch with him than his men can properly attend. At dinner with the whole company, His Majesty's servants station themselves where they can serve him, and they take everything from the other servants and hand back without moving from His Majesty's elbow.

This custom of the King taking his own servants to wait on him has been said to have originated years ago, when a servant of a house at which William IV. was visiting became so embarrassed by the honor of waiting on his King that he

UPSET A TUREEN OF SAUCE

over His Majesty's shoulder. Probably, however, the custom is of much older origin, but it is quite conceivable that it does preclude awkward little accidents of the kind mentioned.

Another fact which points to the King being his own host in his host's house is that he takes his hostess in to dinner just as a host takes in the principal lady guest, while his host follows immediately behind with the Queen, if she happens to be accompanying His Majesty. Immediately after dinner the mistress of the house becomes, ipso facto, a lady-in-waiting, and leaves the room in attendance on their Majesties before any of the other guests withdraw. Moreover, the King's servants withdraw before the house-servants, and they are not expected to carry so much as a wine-glass from the dining-room. Another peculiar point of dinner etiquette is that only the King and Queen are supplied with finger-glasses at dessert.

As is well known, King Edward is very partial to the game of bridge, and consequently there is occasional card-playing when he is the guest at a house. Money is always played for, though the stakes are kept comparatively low; and it is etiquette for the actual host to make provision for a sufficient supply of brand-new coins from the Mint and perfectly fresh notes from the Bank for which his guests may exchange their own cash and notes in order that the Royal guests may not have to

HANDLE ORDINARY MONEY,

which has been in circulation, perhaps, for a long time. As it is not, of course, regarded favorably for a host to win money from his guests, the actual host may only join the card-party at the King's invitation, and, even then, if no ladies happen to be playing, he generally sits tele-a-tete with the King in order not to win from him.

But despite these curious little customs, which, indeed, are for the most part too slight to give an air of formality to the occasion, the King's position as his own guest and his own host in the homes of his friends makes the occasion of his visit much more generally enjoyable than it would otherwise be, for it relieves the master of the house of all doubt as to his precise position. As a

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matter of fact, His Majesty, while insisting on strict adherence to etiquette and forbidding the least undue familiarity, likes his fellow-guests to be perfectly at their ease towards himself, and he will often, where he detects a little excusable nervousness, go out of his way to make the unduly diffident guest feel that King Edward, whether host's host or guest's guest, is not an awesome monarch but a very charming gentleman.—London Tit-Bits.

MEDIAEVAL LONDON.

Luxuries of the British Capital in Ancient Days.

Not a few interesting things come out when we study the history of mediaeval London. One of them is the social status of the trader. The fashionable contempt for his business is of comparatively recent growth, not much more than a century old. No precise date can be given; but in the earlier part of the eighteenth century the feeling on the matter was not what it became in the nineteenth, says the London Spectator.

For hundreds of years before then the connection between the country and the city, the country gentleman and the city trader, had been most intimate. No more striking evidence of this can be given than the analysis of the origin of the 203 Lord Mayors from Henry Fitz-Aytwin down to the year 1633, a period of 210 years. Of these 156 were country born. When we consider what the mediaeval village was, how limited was the horizon of all but the lord of the manor or a knight here and there, it is not difficult to understand why many lads of good birth sought the opportunities offered by apprenticeship in the city. Camden is quoted to show that the nobility thought with shame of the merchant's career. These same country lads supplied the city, as indeed they do now, with the necessary fresh blood and energy.

Another important point is the fact that London was always great as a distributing port as a manufacturing centre. And this fact no legislation, no system of duties could alter. Fraternities of foreign merchants established themselves in their fortified houses and kept their trade jealously to themselves. The Crown, so long as it got its tolls and duties, was content. Now and then, indeed it endeavored to restrict their increasing trade, but its ordinances were always evaded. For London wanted what they alone could supply. It could supply itself well enough with necessities, as Sir Walter Besant says, but neither London nor England has ever been content with necessities.

The mediaeval city of 500 years ago was as full of luxuries as is the city of to-day—the best shopping place in northern Europe in the days of Edward III. as it is in the days of Edward VII. Entire fleets laden with nothing but wine came to London. Once or twice there were periods when a man could "get dead drunk for twopence," as the fascinating invitation of a later time put it; but the drink had by that time been changed from wine to gin. Mediaeval London had, indeed, the best of everything, paying for it all in wool. So Capgrave has it: "Our enemies laugh at us; they say: 'Take the ship off your gold noble and impress a sheep instead.'" (This was the noble of Edward III.) Napoleon repeated the taunt, but the laugh was not in the end with the foreigner. And how, it may be asked, did these good things go backward and forward? Not always securely. We could not always command the Channel, though we still claimed the sovereignty of the seas.

In this respect things reached their worst, we are told, in the fourteenth century. Foreign merchants settled in London and traded. They came from Venice, Rouen, Genoa, Florence, Lombardy, Antwerp and Dantzic. And so the period was a halcyon time for pirates, for lords of manors who had foreshores, for fishermen and for wreckers.

BILEANS RESTORE A PROMINENT CANADIAN ARTIST.

One of the most impressive cures of Indigestion and allied ailments ever reported has just been effected by Bileans. The subject is Mr. Arthur R. Hand, the prominent artist teacher of painting on china, leather, glass, etc., residing at 2 Woodgreen Place, Toronto.

As a teacher of painting, Mr. Hand has made for himself a wide reputation, but his work was interfered with considerably by acute attacks of digestive disorder. He says:

"I suffered agonies for months previous to taking Bileans, resorted to all kinds of remedies, but found only temporary relief. The indigestion came on quite suddenly, soon after eating, and caused me terrible pain. There was a constant feeling of uncomfortable fullness in the stomach, pains in the chest and under the shoulder blades and rifting and belching of gas.

I had constipation so badly that no medicines seemed to have any effect on the bowels. I dieted a great deal, but the slightest food brought the same distress. After taking a few Bileans I experienced ease and comfort after meals, so I purchased a supply of this vegetable remedy and left all other remedies alone. Bileans cured me. Now my food digests very nicely and my bowels act quite naturally.

"In a few months, through the use of Bileans, my weight increased from 125 to 165 pounds. This increase, too, is not useless fat, but sound, healthy flesh."

Not only for indigestion, but for constipation, piles, general debility, anemia, female ailments, rheumatism, blood impurities, liver and kidney complaint, headache, dizziness, wind, etc., Bileans are widely recommended. They are purely herbal and do not merely relieve these ailments—they cure them permanently. All druggists sell Bileans at 50c. a box, or post free from the Bilean Co., Toronto, on receipt of price, 6 boxes for \$2.50.

VIOLET LEAVES CURE CANCER.

Remarkable Case in Which Amazing Recovery Was Secured.

What is claimed to be a cure of cancer by violet leaves is reported from Liverpool, England.

About eighteen months ago Mrs. Cotnam, an elderly lady living in Edinburgh Road, Liverpool, underwent an operation for a growth on the right breast. The growth again made its appearance, and several doctors declared it to be cancer. They pronounced the case incurable. Six months ago she started treatment under a Liverpool medical botanist, who applied violet leaves internally and externally. There have lately been signs that the growth was separating from the healthy tissue, and a week ago it fell out, leaving a large cavity.

There was no hemorrhage, and the patient is steadily improving.

The amount of Bank of England notes in the hands of the public averages about £30,000,000.

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