

About the House

VEGETARIAN SOUPS.

Mock Oyster Soup.—Scrape ten good sized roots of oyster plants or salsify, and throw them at once into cold water. Then cut them into small pieces, cover with one quart of water, and cook gently for one hour, or until perfectly tender. Add a quart of milk, one and one-half teaspoons of salt, a saltspoonful of pepper, a teaspoonful of celery salt, a pinch of mace, and two tablespoonfuls of butter cut into bits. Bring to the boiling point, turn into a heated tureen, and serve with oyster crackers.

Cream of Sweet Potato Soup.—This southern delicacy is made by peeling four sweet potatoes, covering with boiling water, and cooking five minutes, after which they should be drained and the water thrown away. Then cover them with one pint of boiling water, adding a slice of onion, a stalk of chopped celery, a bay leaf, and a pinch of thyme. Cover and cook until potatoes are tender, then press them through a colander. Add one quart of milk and turn into the double boiler; rub together two tablespoonfuls of butter and flour; add to the soup and cook until smooth; season with a teaspoonful of salt and a dash of cayenne, and strain through a fine sieve. Reheat and stir in two tablespoonfuls of thick cream. Serve with tiny squares of toast.

Mushroom and Asparagus Bisque.—Take one full can of asparagus, cut off the extreme tips and put them aside; cut the remaining parts of the shoots into small pieces about an inch long; cover these with a quart of cold water, adding a teaspoonful of salt; simmer gently thirty minutes and then press through a colander. Add a pint of milk and a tablespoonful of butter and thicken with one tablespoonful of cornstarch moistened with a little cold water, using a double boiler for the second preparation. Season with a teaspoonful of salt and a quarter of a teaspoonful of white pepper, and after it boils strain through a fine sieve; return to the double boiler and add the asparagus tips and a teaspoonful of small button mushrooms; stir until thoroughly reheated and serve hot.

Creole Vegetable Soup.—Wash and cut into thin slices half a dozen good sized okras; place them in a saucepan with a pint of stewed tomatoes and one thinly sliced onion. Cover the whole with two quarts of cold water and simmer for two hours; add two teaspoonfuls of salt, a saltspoon of pepper, and few tablespoonfuls of butter; when the butter is dissolved, stir in a tablespoonful of chopped green sweet pickle. Serve with triangles of toasted bread.

Puree of Lima Beans.—Cook one can of lima beans in a pint of salted water, adding a tablespoonful of grated onion, a bay leaf, a blade of mace, and three whole cloves. When reduced to a pulp press through a fine sieve. Return to the fire and stir in two coffee cupsful of milk, and season with a half teaspoonful of salt and a dash of cayenne. Thicken with one tablespoonful of butter and one of flour rubbed to a paste, letting it just reach the boiling point, to cook the flour. Serve at once with tiny crescents of fried bread.

PUDDINGS.

Rhubarb Pudding.—Wash and peel some rhubarb, cut it into one inch lengths, set it on the stove, add sugar to taste, and let it simmer until cooked; press it through a sieve, and leave it to cool; boil one pint of milk, with a bit of lemon peel, a bay leaf, and sugar to taste; stir into this, after removing from fire, four lightly beaten eggs; then set it all over the fire until it thickens; when cold stir this custard into the cooked rhubarb, adding more sugar if not sweet enough, and a little grated nutmeg. Make the custard quite thick, as the rhubarb is so watery. Put pudding into dessert dishes and heap each dish with chopped cream. Serve ice cold.

St. James Pudding.—Add one-third cupful melted butter to one cupful each of milk and molasses; mix and sift three cupfuls of flour, three teaspoonfuls baking powder, one-half teaspoonful each of salt, cloves, and allspice, and nutmeg; add to the first mixture with three-quarter pound of dates cut into pieces. Steam two and one-half hours. Serve with cream sauce. Beat white of one egg until stiff, add the well beaten yolk; beat in gradually one cupful of powdered sugar; beat one-half pint of thick cream, diluted with one-third cupful milk until thick; flavor with one-half teaspoonful vanilla and add gradually to the egg mixture.

Floating Island.—Take a quart of rich cream and divide it in half. Sweeten one pint of it with loaf sugar, and stir into it sufficient currant jelly, to color

it a fine pink. Put it into a glass bowl and place in the centre a pile of sliced almond sponge cake or lady cake, every slice spread thickly with raspberry jam or marmalade and laid evenly one on another. Have ready the other pint of cream, flavored with the juice of two lemons, and beaten to a stiff froth. Heap it all over the pile of cake so as entirely to cover it. Both creams must be made sweet.

Indian Tapioca Pudding.—One quart of milk, save out one cupful, scald the remainder, stir in five tablespoonfuls Indian meal. Have ready two tablespoonfuls of soaked tapioca and add to the mixture two-thirds cup molasses mixed with one well beaten egg, a pinch of salt and a small piece of butter. Add last of all the cup of cold milk and bake three hours in a slow oven.

A SPRING TONIC.

Dr. Williams' Pink Pills Make Rich, Red Health-giving Blood.

Cold-winter months, enforcing close confinement in over-heated, badly ventilated rooms—in the home, in the shop and in the school—sap the vitality of even the strongest. The blood becomes clogged with impurities, the liver sluggish, the kidneys weakened, sleep is not restful—you awake just as tired as when you went to bed; you are low spirited, perhaps have headache and blotchy skin—that is the condition of thousands of people every spring. It comes to all unless the blood is enriched by a good tonic—by Dr. Williams' Pink Pills. These pills not only banish this feeling, but they guard against the more serious ailments that usually follow—rheumatism, nervous debility, anaemia, indigestion and kidney trouble. Dr. Williams' Pink Pills are an ideal spring medicine. Every dose makes new, rich, red blood. Every drop of new blood helps to strengthen the overworked nerves; overcomes weakness and drives the germs of disease from the body. A thorough treatment gives you vim and energy to resist the torrid heat of the coming summer. Mrs. Jas. McDonald, Sugar Camp, Ont., says: "I was badly run down, felt very weak and had no appetite. I could scarcely drag myself about and felt that my condition was growing worse. I decided to try Dr. Williams' Pink Pills and before I had used a dozen boxes I was as strong as ever. My appetite returned and I am now able to do my housework without feeling worn-out. I think Dr. Williams' Pink Pills the best tonic there is."

It is a mistake to take purgatives in spring. Nature calls for a medicine to build up the wasted force—purgatives only weaken. It is a medicine to act on the blood, not one to act on the bowels, which is necessary. Dr. Williams' Pink Pills are a blood medicine—they make pure, rich, red blood, and strengthen every organ of the body. See that the full name, "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around each box. All other so-called pink pills are fraudulent imitations. Sold by medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

SENSIBLE SUGGESTIONS.

Stair rods are cleaned easily when tarnished. Wash them in soap and water and then polish with a cloth and a drop of oil and dust over with finely powdered rotten stone.

Coffee as a Disinfectant.—Many experiments with coffee have proved it to be an excellent disinfectant. The best method of using it for the purpose is to dry the raw bean in the oven, pound it in a mortar, and then roast the powder on a moderately heated iron plate, until it assumes a dark brown tint, when it is fit for use. Then sprinkle it in dishes, or lay it on a plate in the room which you wish to have purified. If soot has fallen on the carpet or rug, quickly cover it with dry salt before sweeping and not a mark will be left.

Sponges will not bear boiling. They may be made almost antiseptically clean by being placed in boiling water, to which has been added a little strong ammonia. Cover the vessel and set aside for a quarter of an hour. Squeeze the sponge vigorously and rinse in cold water.

Flowers dipped in the melted wax of candle ends will keep fresh for at least a week. Small flowers, like pansies, may be dipped in bunches, roses and large flowers separately.

Make slip covers for the ironing board on the principle of a pillow case, making them tight to avoid wrinkling. Have two for each board, using them alternately, and when one needs to be washed it is slipped off and replaced at once with the second one.

To clean granite ware, where mixtures have burned on them, half fill the vessel with cold water, add a generous pinch of washing soda, heat slowly to boiling point, then empty, when dish easily may be cleaned.

When wet shoes are removed fill them with oats. The oats, it is said, will ab-

sorb all the moisture, leaving the leather dry and soft.

A ventilating screen for persons who cannot sleep with the windows open at night on account of dampness may be made by fastening a piece of thin angora flannel to an ordinary window screen frame. Place this in the window at night when the sash is raised. In the morning the inside of the screen will be found dry while the outside is quite damp, the air having filtered through the flannel.

Soft cheese cloth wrapped loosely about a long handled broom, passed over the wallpaper once or twice a month, absorbs the dust. Thick crusts of stale bread rubbed downward will remove soil.

To extract grease stains from wallpaper mix powdered pipe clay with water to the consistency of cream, spread it on the spots, and allow it to remain overnight, when it easily may be removed with a knife or brush.

A simple way of shrinking heavy cloth is to hang it on the clothesline with the fold on the line and sprinkle it with the garden hose. This method is not good for light or loosely woven cloth, as the weight of the water will make it sag and lose its shape, but it is a safe and rapid treatment for Scotch tweeds, suitings, or heavy broadcloths.

Pongee curtains are used effectively with oak bookshelves. If the curtains are stirred on two rods, one at the top and the other at the bottom, the protection to the books is quite as efficient as if glass doors are used. The curtains should run easily, however, as otherwise access to the books is difficult.

Place a thimble on the rod and moisten the hem slightly to make the rod slip in a curtain more easily.

Leather goods never should be kept in a place that is extremely dry, as the heat will cause the leather to crack, nor in damp places that will make it moldy.

To freshen traveling bags and book covers which have become shabby or spotted, rub them with the well beaten white of an egg.

BRITONS AND THEIR BEER

NOTICEABLE DECLINE IN THEIR DRINKING HABITS.

Still Retain a Pretty High Average of Consumption—Revenue From Liquors.

Britain's thirst—for intoxicants—is steadily decreasing. It was a bit intense during the war period, and some million gallons of spirituous liquors were consumed to drink to old Buller's health or confusion to De Wet, but the general trend has been a noticeable decline in the drinking habits of the United Kingdom since 1899.

THE BEER.

At least, so says a Board of Trade return. Britons are now drinking only about a quarter of a gallon of wine per head of the population—quite a remarkable falling off. Their beer-consuming capacity has been a varying one. In 1891 there was consumed 30.2 gallons per head of the community. From this high point it fell yearly until in 1894 it was 29.5 gallons. From 1894 it rose steadily until it reached 32.6 gallons in 1899, since which year it has again steadily declined, until in 1905 it amounted to not more than 27.7 gallons.

THE PLACE.

Low as the figure sounds, it is sufficient to enable Britons to retain third place amongst the beer-drinkers of the world. The Belgians, with their consumption of 48.8 gallons per head per annum, are far and away ahead of the British, while the Germans, with their average 23.3 gallons per head, follow Great Britain in the table. The Bavarian drinks his 5½ gallons per annum, and consequently that State holds the beer-drinking record.

THE SPIRITS.

As spirit-drinkers Britons are the fortunate occupants of quite a lowly place in the list, Denmark, Austria, Hungary, Germany, Holland, Sweden, France, the United States and Belgium each, in the order named, exceeding appreciably the nine-tenths of a gallon of spirits that is annually consumed per head of the population of the United Kingdom.

THE REVENUE.

The total amount of revenue derived from alcoholic beverages in the United States during the period 1901 to 1905 averaged over £40,000,000 annually, compared with £36,000,000 so raised in the United Kingdom and £34,000,000 in Russia. France comes next with £17,000,000 per annum, then Germany with £13,500,000 and Austria-Hungary with £12,750,000.

No fewer than 28 per cent. of the total national revenue of the United Kingdom and of the United States is raised by taxes on drink.

INDUSTRIES OF INDIA.

India, the land of mystery, is rapidly coming to the front in various fields of industry. Britain's Indian Empire possesses no fewer than fifteen coalfields, while iron is worked on an extensive scale in three districts, two of which are situated in the immediate vicinity of Calcutta. Nor are oil fields wanting; seventeen more or less important centres are engaged in this industry in the provinces of Bengal and Assam, while tobacco cultivation is another valuable asset to Assam as well as to Madras.

It's about all some people can do to keep from being done.



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No matter what you are going to paint—the house, porch, blinds, fence, interior woodwork, barn—you will find the right paint to do the painting right, in RAMSAY'S PAINTS.

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ATTACKED BY OSTRICHES

Twenty of the Big Birds Give Pursuit to a Cyclist.

While cycling to the Nieveld Mountains, South Africa, the other day I had rather an exciting and what might have proved a dangerous experience, writes J. W. New, in the Beaufort West Times. I was attacked by about twenty ostriches. Fortunately I was well mounted and managed to outdistance them, with the exception of one, a very fine specimen of a male bird, who after giving chase for over two miles caught up to me and gave a vicious kick at the machine, which broke four spokes and the hub and sent me sprawling among rocks and bushes. Not being satisfied with the work and damage already done, he amused himself by jumping and sitting on me, and kept me prisoner for over an hour and a half. At last I managed to break a bush and struck the bird several times, and by brandishing it before him succeeded in eventually frightening it away.

BABY'S FRIEND.

"Before I got Baby's Own Tablets my baby was troubled with colic and vomiting and cried night and day, and I was almost worn out. But after giving him the Tablets for a few days the trouble disappeared and you would not know it was the same child, he is so healthy and good-natured now." This is the grateful testimonial of Mrs. George Howell, Sandy Beach, Que., and it tells other mothers who are worn-out caring for cross sickly children, how they can bring health to the little one and ease to themselves. Baby's Own Tablets promptly cure the minor ailments of little ones, and there are no cross, sickly children in the homes where the Tablets are used. Sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

WANTED ECONOMY.

"Maria," said Mr. Jones, upon one of his worrying days, "it seems to me you might be more economical. Now, there's my old clothes; why can't you cut them down for the children?"

"Because they are worn out when you are done with them," answered Mrs. Jones. "It's no use making over things for the children that won't hold together, smart as you are."

"Well, I wouldn't have cupboards full of things moldering for want of wear, if I was a woman, that's all," grumbled Jones. "A penny saved is a penny earned."

That was in March. One warm day in June Mr. Jones went peering about the cupboards looking for something he couldn't find, and turning things generally inside out.

"Maria, where's my light dust-coat?" he bellowed.

"Cut it down for Johnny."

"Ahem! Well, where's the brown one I bought last summer?"

"Clothes-bag!" mumbled Mrs. Jones, who seemed to have a difficulty in her speech at that moment. "Just made it into a nice one."

"Where are my shepherd's-plaid trousers?" screamed Mr. Jones.

"Cut them down for Willie."

"Heavens!" groaned her husband. Then, in a voice of thunder, "Where have my blue and white braces got to?"

"Made a beautiful football ball for Harry," said Mrs. Jones.

"Maria," asked the astonished man, in a subdued voice, "would you mind telling me what you have done with my silk hat? You have not cut that down for the baby, have you?"

"Oh, no, my dear," answered his wife, cheerfully; "I've used it for a hanging

basket. It is full of nice plants, and looks lovely."

"Great Scott!" Mr. Jones never mentions economy or suggests cutting things down—he has had enough of it—quite cured, in fact.

BY INTENTION.

When a Scotchman has no argument at his tongue's end to defend his own line of conduct which another may have criticized, it may safely be inferred that his ancestry has a strain from some other nation.

A man who has an estate in Scotland took his new plowman to task for the wavering furrows which were the result of his work.

"Your drills are not nearly so straight as those Angus made," he said, severely. "He would not have left such a glebe as this."

"Angus didn't ken his work," said Tammas, calmly, contemplating his employer with an indulgent gaze. "Ye see, when the drills is crookit the sun gets in on all sides, an' 'tis then ye get early 'laties."

DEPTH OF GREAT LAKES.

Lake Superior's greatest depth is 1,003 feet, Michigan's 864, Huron's 570, Erie's 204, and Ontario 738 feet. The bottom of Superior is 401 feet below sea level, of Michigan 233, of Ontario 491 feet. The bottom of Huron is 11 feet above sea level, that of Erie 369 feet, Ontario, the smallest of the great lakes, is relatively the deepest. If these bodies of water could be drained the basin of Ontario would present striking contours as compared with the basins of the much larger lakes.

THE ENDLESS CHAIN

The doctor-man has got me cinched, For when I'm feeling ill I go to him. He cures me up And then sends it his bill. But when I see what it has cost I get so sick again I have to have his services— Behold, the endless chain!

CANADIAN INVENTOR'S EXPERIENCE

INTERESTING INCIDENT BY A FAMOUS PATENTEE.

Mr. Wm. Wilson, of Craigie Villa, London (Ont.), the inventor of the Wilson Fruit Case, now adopted by the Canadian Government, tells an interesting experience which shows the healing and antiseptic value of Zam-Buk, the herbal balm. He says: "I had two poisoned wounds on my leg, which were very sore and inflamed. They caused me much pain and suffering, and although I tried several salves they refused to heal. Zam-Buk was recommended and I applied some. It acted splendidly and in a very short time healed the wounds."

"At another time I sustained a nasty cut. Zam-Buk took away the soreness almost instantly and soon closed and healed the wound. I have also used Zam-Buk for other injuries, and I have no hesitation in expressing my high opinion of its value. It is without doubt, a splendid household balm!"

Zam-Buk cures blood poison, cuts, bruises, old wounds, running sores, ulcers, boils, spring eruptions, scalp sores, eczema, itch, barber's rash, burns, scalds, and all skin injuries and diseases. All druggists and stores sell at fifty cents a box, or from Zam-Buk Co., Toronto, for price. Remember, it is purely herbal.



The effect of malaria lasts a long time. You catch cold easily or become run-down because of the after effects of malaria. Strengthen yourself with **Scott's Emulsion.**

It builds new blood and tones up your nervous system.

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