SEASONABLE DISHES.

Cranberry Roll.-Make a rich biscuit dough; roll out one-fourth of an inch in thickness, spread with cranberry sauce. Roll up and press the edges well logether. Sow up in a floured cloth and steam for over an hour. Serve with cream and sugar or sauce. Turkey Legs Broiled,-Place the legs and thighs left over from the turkey on milk, three eggs, one and one-half cupa gridiron over a low fire and turn fuls of sugar and a little salt, cooked every three or four minutes. When in double boiler until smooth and well broiled on both sides take them creamy. When cold flavor with vaniloff. Roll in mustard and bread crumbs | la. and pour melted butter over them.

Turkey Toast.-Chop cold turkey fine and let it simmer for fifteen minutes, with just enough gravy or stock to cever it. a lump of butter, and salt, pepper, and mustard to season. Have ready small squares of buttered toast, spread the turkey over it and serve.

Cranberry Sauce.-Wash four cupfuls of cranberries and put in a saucepan with four cupfuls of granulated sugar and one cupful of cold water; cover and allow them to boil for fifteen minutes; then remove from the fire, skim, and pour into the dish in which they are to be served.

Rice Pudding.-Wash in several waters one cupful of rice and mix with it four cupfuls of sweet milk, one-half teaspoonful of salt, one-half of a cupful of sugar and the grated rind of a lemon. Stir in two eggs not previously beaten, turn into the pudding dish and bake for three hours.

Cranberry Olives.—Spread slices of roast turkey, chicken, or yeal with rich cranberry sauce, sprinkle with grated and some little bits of butter, season of turpentine. delicately, roll up, and fasten with tiny skewers, or tie. Dip in melted butter, roll in seasoned crumbs, and brown lightly in a quick oven.

Cranberry Batter Pudding.—To a cupful of sour milk add half a cupful of a few minutes. sugar, a teaspoonful of salt, two eggs, and one leaspoonful of soda. Beat until pies or puddings, and they may be light, then add enough flour to make a thin batter. Flour a pint of cranberries and stir into the batter. Bake in a moderate oven until baked through, and rub on the woodwork. Serve with sauce.

Turkey Olives .- Select the nicest slices of turkey, cut thin, and spread each | drive them away. with a mixture of bread crumbs and chopped oysters. Season this with melted butter, salt, pepper, minced celery, and a little tomato catsup. Roll up tight and tie. Dust with seasoning, dredge with flour, and fry slowly 'n oxalic acid to the water. hot butter until a golden brown.

latinous substance so much that the heavy work is being done. amount of milk in proportion to the mashed pumpkin must vary also. A cupful of pumpkin, a quart of creamy find them much nicer when done. milk, two eggs, one-half cupful of su-When there are only two it is nice to with good pens, paper and ink. bake individual pies in patty pans.

Cranberry Snow.-Cook a pint of chimneys-hole in the steam of a kettle cranberries in as little water as pos- and polish with a newspaper. sible and when tender put them through | When washing glassware do not put a colander. Add almost as much sugar it in hot water bottom first, as it will as cranberries and return to the fire a be liable to crack from sudden expan- individual who contracts it is alone remoment. Beat the whites of two eggs sion. very stiff and add slowly the cooled To give a fine flavor and good color exception is in the case of a wife or and jellied cranberry. Serve in oat to a meat roast add to the water for minor children. In that case the huscream about it.

turkey which has been seasoned highly. that the best results may be obtained. with cream sauce or with the gravy | roll. left from the day before.

large cupful of drawn butter, and what green or maroon. on fire stir in two eggs, boiled hard. To remove the cover from a jar of tives may be forced to look for him. minced very fine, also a little chopped fruit, place a hot flatiron on top of t parsley, then chicken meat. Let almost jar cover and in five minutes cover beil. Have ready some patty shells of may be removed. good paste, baked quickly to light To clean black goods sponge with one brown. Fill with mixture and set in pint warm water and one leaspoonful

linked together.

plump, active and energetic.

easily digested form.

girl's strength.

Chocolate Cakes, Marshmallow Frosting.-Cream half a cupful of butter; add a quarter of a cupful of cocoa, the beaten yolks of three eggs, one cupful ing a cup full of sugar. of sugar, one teaspoonful of cinnamon, and half a cupful of water, then the beaten whites of three eggs and a cupful and a quarter of flour, with three the salt moving, teaspoonfuls of baking powder. Decorate with boiled frosting, to which dissolved marshmallows are added.

Rice Snowballs.-Boil rice in salted stitch far enough to cut it. water till very tender. Wet small cups and while rice is still hot pack tightly into the cups, leaving a shallow hollow in the centre. Set in cool place for about three hours. In serving fill hollow with red jelly and pour custard sauce around. Custard Sauce-One pint of

THINGS WELL TO KNOW.

Potatoes may be warmed up in sour cream better than in sweet cream. Clean wringer rollers with kerosene and keep the wringer well oiled.

Clean mica in heating stoves by washing with hot vinegar and salt. Add a little cream to icing for cake

to prevent its cracking when cut. To clean glass bottles or vases, put vinegar in soap suds and wash thoroughly.

Chloride of lime, sprinkled around places that rats frequent, will drive them away.

Turpentine restores the color of yellowed knife-handles when rubbed well

into them. Hot water and soda will usually remove stains from wood, such as the

door, table, etc. In lining a jacket, put plait in middle of the back to allow for strain across the back.

Gilt frames can be cleaned with a breal crumbs, a little minced celery, small sponge dipped very lightly in oil

A good filling for sofa cushions is made from strips of old clothes, torn as for rag carpels.

When seeding raisins, pour boiling water over them and let them stand

Heat the milk to be used in custards, baked much quicker.

To wash woodwork wring a cloth out of soft warm water, dip it in soda,

Peppermint sprigs laid around shelves and places which mice frequent, will

A button book hung to the door with about three yards of tape can be used

in any part of the room. When washing white stockings either of silk or thread, add a few drops of

To save enamel, have a wire frame Pumpkin Pie.—Pumpkins vary in ge- on board to set in sink for pails while

Put a clean napkin under the cover when boiling potatoes, and you will Time and trouble may often be saved

gar and spices should make a good pie. if the writing desk is kept supplied A simple method of cleaning lamp

meal dishes with splashes of whipped the basting one tablespoonful of sugar. Broiled meats should be eaten im-Turkey Rolls.-Two cupfuls of minced | mediately after being cooked, in order

Bind it together with butter, working | An oll refrigerator which has a lin-It into small oblong rolls with the ing of tin may be made to look cleanhands. Mix up a light biscuit dough, er by applying coats of white enamel. from the father to the children, even roll it into a thin layer, cut into squares | To renew the stiffness of a veil, wrap and wrap one around each meat roll, it around a pasteboard roll, stretched the journal of G. Harry Agnew, a mis-Bake in a quick oven and serve hot at full width, steam and dry it on the sicnary, the following account of native

Patch the torn places of old carpets, ! ders is given : Chicken Patties.-Chop meat of cold then spread on the floor or grass and | If a man has committed some misdeed |

oven to heat. Arrange upon dish and of ammonia. Press with hot iron on the wrong side.

To sugar doughnuts evenly and thoroughly without waste, shake four or five together in a paper bag contain-

Put a few grains of rice in the salt cellars to keep the salt from caking; as the cellar is shaken the rice will keep

Instead of using a knife to rip machine stitching, insert the sharp point of your scissors under every third

BADLY RUN DOWN.

Dr. Williams' Pink Pills Came to the Rescue After Doctors' Treatment Failed.

always a hard one, but those whose work compel them to take long tiresome drives over rough roads, exposed to all conditions of weather, are in constant danger of losing their health. The extreme heat of summer or the piercing winds of winter sap their strength, the kidneys become diseased or rheumatism sets in. What is needed to withstand this hardship is rich, red blood-the pure blood that Dr. Williams' Pink Pills alone can make. These pills are the travellers never-failing friend. Concerning them Mr. George Dalpe, of St. Eloi, Que., says:-"I am lo the enormous hassock under her feet. a grain dealer and am obliged to make "Coffee." she said. There must have frequent trips, sometimes very tiring, been twenty pounds in it. I returned home from one of these trips last summer very much faligued. House officers keep their sharpest eye on I was overheated and tried to cool and coffee and cigarettes, and that we wre rest myself by lounging on the veran- rapidly nearing the frontier, I gave vent dah till late at night. I caught cold. to my feelings by exclaiming: "But the and the next day I did not feel at all well. I had a headache, pains in my stomach and was very weak. I went to see a doctor, but he said I would be alright in a day or so, so I started on another trip. I had not gone far before I felt very ill and had to return home and go to bed. I had chills, headache, pains in my stomach and kidneys. The doctor came to see me and he said was overworked. He treated me for several months, but instead of improv- deference to the Mohammedan objection Peruna, and after using a few bottles, ing I continually grew worse. I wasted that a woman should be seen by any I am much relieved. away almost to a skeleton and really I thought I was going to die. One day my wife returned from the village with (madam)," she said, "the Customs officer a supply of Dr. Williams' Pink Pills. She urged me to take them, as she thing upon which a duty should be said they had been very highly recom- paid." "Say to the child of the desert," mended to her. I did so, and by the was the dignified reply, "that I have notime I had taken four boxes I felt thing but the things I require. A little enough benefit to decide me to continue them and I took about a dozen boxes. They fully cured me and to-day I am able to go about my work without feeling faligued."

Fatigue, on the least exertion is a sign that the blood is poor. Replace the bad blood with good blood and lator will be a pleasure. Dr. Williams' | Pink Pills make pure, red blood, That is why they cure anæmia, rheumatism. kidney trouble, indigestion, heart palpitation and the nerve-racking ills of girlhood and wemanhood. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Co., Prockville, Ont.

DEBTS IN AFRICA.

They Are Never Outlawed Among the Natives of that Country.

purely personal matter, for which the sponsible. Almost the only important band and father is responsible. But in Africa an older practice still persists, and debts may be collected from other relatives, as, indeed, they may among many Oriental peoples.

A dept among the native tribes of Africa is never outlawed. It descends unto the third and fourth generation. In law and methods of dealing with offen-

chicken coarsely and season well. Make give two good coats of paint, a dark and runs away, it is customary to arrest his father, or his wife, so that the rela-Elephants ceased to exist in the neighberhood of Inhambane many years ago.

lye! there are debts among the people which causes Rheumatism. there to-day which originated in the sale of elephants' tusks perhaps forty years painful and tortuous disease, but dan- poor old woman, seated, with all her ago. An instance of this kind will illus- gerous to life, anis simple recipe will no humble furniture about her, in the midtrate the matter.

father is a petty chief. Her grandfather prepare the mixture to get this relief. was a kind of underbuyer for a white It is said that a person who would eviction was taking place. He got out man, who would give him cloth with take this prescription regularly, a dose of his car, and he gave the old wowhich to purchase ivory.

lot of ivory, more than he had cloth to or Urinary disorders or Rheumatism. pay for, so he invited the native to go with him to the white man, who would Rheumatism prescriptions which really

Instead of paying for the ivory, the you need it you want it badly. white man took it and drove them away. The owner then made claim against Fazenda's grandfather, who could not pay, so the debt descended to his son. The son, to settle the matter, gave a least an hour. girl to the son of the man who had lost the ivory; but this girl died, so, according to native custom, he had to give another girl. This he did by handing over Fazenda.

The matter finally got more compliated, as the man who got Fazenda died, and she became the property of his bro-

She left this man, and another offered to buy her. Accordingly, her father took eloth from the second man in order to settle up with the man she left. But Fazenda refusing the bargain, the second man would not take back his cloth, but

demanded gold sovereigns instead. Finally Fazenda went to work for a missionary, earned some money of her own, and was able to seitle up the complicated affair.

FAIR EASTERN SMUGGLER.

ifow a Turkish Woman Evaded the Customs Officer.

Of course women are better smuggiers than men. Every Customs House officer of the Western world is well aware of that fact. But notwithstanding Pierre Loti's recent revelations as to the modernization of the Turkish harem and the revolt of its daughters, it seems strangely incongruous that the veiled ladies who flit in ghost-like fashion about the streets of Constantinople should not only travel alone by train, bu! defy the Customs House officer with a brazenness that would do credit to a globe-trotting woman of the North or West. Such, however, is the case, accerding to a lady correspondent who some time ago travelled in a ladies' carriage from Constantinople to Sofia in the The life of any constant traveller is company of a wealthy Turkish lady.

By the help of a few French, Turkish and Greek phrases we began a queer sort of conversation, and my travelling companion explained that she was going on a visit to a married sister in Bulgaria. Perhaps, in order to impress one with the idea of her wealth, she showed ail manner of beautiful presents which she carried with her in her various pieces of luggage. There were towels with wide embroidered borders, handkerchiefs with fine needlework corners and hems, veils and scarfs of Eastern silk, and ever so many other things, which I duly admired. Then she pointed

Knowing that the Bulgarian Customs Costoms House I" But my Turkish lady, President Edward Bousquet Lauds: with the characteristic movement of the head which with Orientals implies negation, clicked her longue and said, "Non, ne vient pas ici," obviously meaning of

the Customs officer. At daydawn we reached Hermanli, the frontier station. The officer came to our carriage, cast a glance into our compartment saw the Turkish lady (who, from catarrh. I tried many remedies meanwhile had put her "feridshi" over with little or no results. her head) and disappeared at once, in man outside the harem. After a while an old woman appeared. "Hanum known catarrh remedy of the age. I sends me to ask whether thou hast anycoffee for the journey."

And she put down the front of her dainty little travelling coffee machine and a spirit lamp and began to prepare her breakfast, throwing, as an afterthought, a few coins and cigarettes at the old woman's feet. With a blessing and a grin on her lips the crone left the carriage. The Customs were passed and of the Customs.

TELLS HOW TO MAKE THIS SIMPLE RHEUMATISM CURE.

Dread Disease Can Make Up and Try at Home at Small Cost.

To relieve the worst forms of Rheumatism, take a teaspoonful of the following mixture after each meal and at bed-

ime: Fluid Extract Dandelion, one-half ounce; Compound Kargon, one ounce; Compound Syrup Sarsaparilla, three

These harmless ingredients can be obtained from any druggist in the smaller towns, and are easily mixed by shaking them well in a bottle. Relief is generally felt from the first few

poisonous waste matter and uric acid, fairs for himself.

Fazenda is a native Christian. Her ferers here at home, who should at once

or two daily, or even a few times a man a sovereign, One day a native came to him with a week, would never have serious Kidney

> Cut this out and preserve it. Good relieve are scarce, indeed, and when

> Give a man a good dinner and he will remain in a good humor for at

THE BARBER'S UNION

Of Montreal, Canada.



MR. EDWARD BOUSGUET.

PE-RU-NA SCORES Another Triumph in Canada

in Glowing Words.

Mr. Edward Bousquet, 248 a Panet street, Montreal, Can., president of Earber's International Union, Local 455, writes:

"For several years I have suffered

"I was advised by a friend to try "I believe Peruna to be the greatest

cheerfully recommend Peruna for catarrh.

The truthfulness of Mr. Bowsquet's statements cannot be questioned. He has given a clear and frank recital of his experience with chronic catarrh, and how Peruna helped him when all other remedies failed.

JUST HIS CASE.

A man who was famous for never paying his bills owed a considerable sum to his tailor. Sending bills had had no I thought sadly of all sorts of beautiful effect upon the debtor, so the tailor things which I had not bought at the decided to make a personal attempt to large bazaar at Constantinople for fear collect the amount. He called several times upon the delinquent, but was never able to catch him. Finally he succeeded, just as he was going out, and accosted him with the modest inquiry:-

"Will you pay me this bill, sir?" The man looked at it for a moment, and then said, innocently:-

"Did you ever owe anybody anything?"

"No, sir," replied the tailor.

"Then you can afford to wait," said The waggish debtor, and off he walked. In civilized life debt is regarded as a Prescription Given Which Sufferers of The tailor again made several attempts, and at last was successful in cornering the man a second time. The debtor looked very solemn, and

> said: "Are you in debt to anyone?" Not to be caught this time, the tailor raplied:-

"Yes, sir; I am sorry I am." "And why don't you pay?"

"Because I haven't got the money," said the tailor, with significant look. "That's just my case exactly, my dear sir replied the debtor. "I am glad that you can appreciate my position. Good morning!"

DRIVEN FROM HOME.

A wealthy American, who had read This prescription, states a well-known much about the hardships which the authority in a Montreal morning paper, Irish peasantry are supposed to suffer, forces the clogged-up, inactive kidneys determined to travel about in the Emto fifter and strain from the blood the erald Isle and learn the state of af-

While motoring through a remota As Rheumatism is not only the most part of the island he came across a doubt be greatly valued by many suf- dle of the road before her little cabin.

The traveller was profoundly moved. Here, before his very eyes, a real Irish

"Tell me," he said, "what is the trouble my poor friend?"

Bobbing and curtseying her gratitude the old woman replied: "Shure, sor, me ould man's whitewashing,'

A woman would rather be tailormade than self-made. One kind of charity always has & card attached to it.

the quickest cough & cold

Get a bottle to-day from your druggist. If it doesn't cure you QUICKER than anything you ever tried he'll give you your money back

Shilon's is the best, safest, surest and quickest medicine for your children's coughs and colds. It has been curing coughs and colds for 34 years. All druggists-25c., 5oc., and \$1.00 a bottle.

ALL DRUGGISTS; 50c. AND \$1.00.

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Girlhood and Scott's Emulsion are

The girl who takes Scott's Emul-

The reason is that at a period when a girl's

sion has plenty of rich, red blood; she is

digestion is weak, Scott's Emulsion

provides her with powerful nourishment in

It is a food that builds and keeps up a