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Jan. 6th, 1898.

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HOUSEHOLD.

SOME GOOD RECIPES.

Fruit Puffs-Make pop-overs by using three-quarters of a cup of entire wheat flour, one-quarter cup of pastry flour, one egg, one saltspoonful cof salt, one cup of milk. Beat all the raspberries, etc.-as the puff will hold. Or you can use sliced peaches.

about one-fourth as much lean ham, any orderliness that interferes with both are, of course, to be cooked. Mix the meat with one-fourth the quantity of soft bread crumbs and season highly with salt, pepper, and capers, adding a little onion juice if you like it, or mustard, if you prefer. Allow one egg to each cup of the meat, beat them, and stir it and add hot water enough to enable you to mold it in a loaf; put into a shallow, buttered pan and bake, long enough to cook the egg, as it is the only ingredient that requires cooking. Nice for lunch, picnics or supper.

Gold Medal Corncake-Mix half a cup of yellow granulated corn-meal ture, then add one tablespoonful of five or thirty minutes in a hot

Oatmeal Muffins-Cover one cup of Quaker oats, uncooked, with a cup of sour milk, let stand fifteen minutes, add two tablespoonfuls sugar, half teaspoonful salt, level teaspoonful soda, one egg, and one cup flour. Mix thoroughly and bake in muffin pans.

Delicious Pancakes-The secret o making tender and delicious sour milk pancakes is to mix the batter, that is, stir into a quart of sour milk enough flour to make a rather thick batter, and let it stand over night. Then in the morning when you are quite ready ed. to bake the cakes, add two well-beaten eggs, a little salt, and a scant teaspoonful of soda, dissolved in a tablespoonful of hot water.

To Flavor Custards-In summer use a few leaves of the peach tree, a few at a time put into the boiling milk, and removed before it cools; these give a delicate almond flavor.

Creamed Haricot Beans — Creamed beans are delicious. Soak one pint of beans over night; the next morning boil until perfectly soft; put through and a saltspoonful of pepper. Make a smooth cream sauce by putting a tablespoonful of butter in a saucepan and stirring in a tablespoonful of flour; add slowly, a cupful of milk, and when sauce is thick stir into the beans; beat well. Pour into a baking dish, cover the top with fine bread crumbs and bake brown.

Creamed Egg Toast.—This is a deli-ate variation of eggs on toast. Have world comes from here. cate variation of eggs on toast. Have world comes from here. ready half slices of toast. Melt in a quart saucepan one tablespoonful of butter and stir in one tablespoonful of flour. Let it cook and bubble a moment, then draw to the edge of the stove, and add, carefully, one cupful of milk, stirring constantly, and cook until it thickens. Season with half a teaspoonful of salt and keep warm; do not burn. Beat the whites of three or four eggs stiff, add the yolks and heat again, then fold carefully into the cream that was made, just as the whites are folded into cake. Cook from three to five minutes, heap on the toast and serve' at once.

A Novel Salad-Crisp, white celery, cut in dice, and rice, boiled so that and yet, thoroughly well boiled, and therefore, tender; to a teacupful allow about a quart of water; let it boil briskly without burning; do not stir except at first to mix the salt in; in half an hour try the grains, and, if tender, throw into a colander kept for the purpose; drain well, then set on a plate in the mouth of the oven or inside a moderate one to dry, and when the grains look distinct it is ready to be cooled for the salad. Allow about the same quantity of rice and celery; sprinkle salt and white pepmake into light, flaky-looking mounds; spread mayonnaise sauce on top, garnish with beats and serve with game.

AS IT SHOULD BE.

The finest compliment we have ever heard paid to a woman was by her husband, and he said, in speaking of her-

"We always think of her as a morning glory, because she looks so bright and cheery, and pretty at the breakfast table."

How many breakfast tables are preeven uncleanly to look at. The claim about over the market, and children that househald to look at. The claim easily disproved, for in many a house-hand in the Russian markets, and one can hand in the kitchen, a big arror will buy sels and snakes and chicken lags. mits an error who looks uncared for and badly dressed in the morning. The sunflower oil, and one of the great in-

other woman who wears any old thing dustries of this country is sunflower to the breakfast table is also making raising. a mistake for that is the time when ly rely on her appearance in the evening, when the soft and charitable light of the gas will hide many defects.

COMFORTABLE HOUSEKEEPING.

ingredients except half the milk for come a fussy woman. Take broad one minute, using your Dover beater, views. The happiest homes are not then add the rest of the milk. Fill but- those where the best housekeeping is tiered muffin pans half full and bake done. Man-and of course we must acin a quick oven for thirty or thirty- knowledge that homes are only kept five minutes, or until the shells are for mankind; we women would be quite firm. Make an incision in each puff; content to sleep in lodgings and eat put in half a teaspoonful of butter, fers a place where he can throw his said a clergyman recently, who has teaspoonful of powdered sugar, boots all over the house to one where and as many berries - strawberries, his blacking brushes are relegated to the woodshed. Man of course enjoys order, but he doesn't want to be present when the getting-in-order process Meat Loaf.—Chop cold lean veal and is going, on, neither does he care for

HOW TO COOK CUSTARDS.

The great cause of failure in custard making-both baked and boiled-is that scalded milk is not used which has been allowed to cool before adding the eggs. Another reason of failure is that the sugar should be added after cooking, which is seldom done. When making a good rich, custard it is necessary to take five or six eggs for each quart of milk; for a plainer one three eggs to a quart will do, provided the milk; is thickened with a little cornflour. Custards need very with a cup of flour, a half teaspoon- delicate flavoring; therefore, it is well of baking powder. Beat one egg, add it. For a stewed custard for one perone scant cup of milk, two tablespoon- son, beat up one egg in a teacupful fuls of sugar, stir into the dry mix- of milk, flavor, and sweeten it, pour it in a breakfast cup, cover it with a ing the family by his misdeeds. piece of greased paper, stand in a thirty minutes. A chocolate custard and his relation to the family. is popular. Dissolve three ounces of fire, place the cover over it and let it done. steep for a quarter of an hour. Beat "Just before the casket was closed tards are desired, use the above recipe, and cook slowly in a modererate oven, for if the pudding once boils, it turns to whey, and is spoil-

RUSSIAN MARKET CUSTOMS.

Some of Them Might Be Adopted in this Country.

The Russian markets have many features which are worthy of our attention and some of their customs might be adopted here with profit.

Fish are sold alive, and the only dead ones are the dried ones. They are kept a sieve and add one teaspoonful of salt | in stone vats of running water, and the fishwife will stand with a dozen of these marble vats about her, each filled with different kinds of fish.

Russia has some of the greatest fisheries of the world, Millions of dollars' worth of fish are taken every year from the Volga, the Caspian, and the

You see this caviare sold in cans and tubs in the markets. It looks like birdshot sprinkled with salt water, and it is made up of the eggs of the sturgeon, which are killed for this purpose. It brings high prices, even in Russia, and

is best when it is fresh. In, fact, Russians say that caviare should not be more than a month old to be good, and that you cannot get good caviare further away from the Volga than Moscow.

The meat of the sturgeon, after the caviare has been made from the eggs, each grain is distinct and snowy white and yet, thoroughly well hoiled and about ten cents a pound. All sorts of dried fish are eaten by the people. They are sent in great crates all over the country, and they form a large part of the diet of the peasant.

The consumption of fish is increased by the numerous Russian fasts, during which the people may not eat meat, and must confine themselves to fish.

The queerest markets of Russia are those of the winter, when all sorts of per lightly through, using two forks; fish and meats are sold in a frozen

The Russian winter is so cold that

in the same way, and a butcher can lay meats for the next six months. The Kidney and Bladder Diseases. meats are frozen so hard that a knife

hand in the kitchen, a big apron will buy eels and snakes and chicken legs, thoroughly buy eels and snakes and chicken legs, thoroughly protect her dress, and then, Lambs' feet are sold as a great dainty, too, cooking too, cooking, unless one makes it so, and calves' feet are bought for soup. mits an ever dirty work. That woman com-

The peasants eat sunflower seeds in the men of the household ought to see large quantities. You can hardly find a woman at her best, and not special- a man who has not some sunflower seeds in his pocket, and everywhere you go you see women with baskets of these black and grey seeds for sale. taste very much like pumpkin seeds, and the peasants eat them at their Don't, whatever the provocation, be- gatherings just as the Chinese do watermelon seeds at the theatres.

NEVER "BROKE" AGAIN.

An Improvident Young Man Who Will Al ways Have a Dollar in His Pocket.

"Queer things happen at funerals," officiated at many, "and I remember one occasion which impressed me greatly, on account of the standing of the family in which it happened, as well as from the peculiar circumstances surrounding the incident-the bestowal of money on a dead man."

The narrator was urged to relate the story, and on the promise that no names would be mentioned, he continued:

"It was a funeral at the house of one of my parishioners, and I was greatly surprised when I received notice to attend and conduct the services. I had not heard of any member of the family being ill, nor had I been summoned to the deathbed, but jumped to the conclusion that it was an old servant who had died

"It proved to be a bad son- the black sheep of the family-whose shaful of salt, and two scant teaspoonfuls drops at a time, so as not to overdo years, but who, it was always believed, had been supported at a distance far enough to prevent him from disgrac-

"Now he was brought home dead, and melted butter. Beat vigorously un- saucepan of really boiling water, cov- I was expected to give him as little til well mixed and bake twenty- er it, and stand by the fire, where it blame and as much praise as was conwill gently simmer from twenty to sistent with the dignity of my office

"I need not go into that part of the grated chocolate over the fire in a ceremonies, but come to what I conlittle milk, and then add enough to sider the real expression of feeling measure a quart in all. Let it boil, which consecrated the memory of the then remove the pan to the side of the man as nothing that I said could have

together five eggs, sweeten, add van- his old mother arose from her seat illa essence, pour into a greased with the mourners, and, approachmould and steam. When baked, cus- ing the dead, slipped a dollar into his vest pocket.

"'Jim never liked to be without money in his pocket,' she said, with a low, tremulous voice, 'Many's the dollar I've slipped into his pocket, unbeknown to him, but he always found it and was thankful. I don't expect he's going to need it now, and maybe he will never know that mother put it there, but somehow I shall feel better if he has it.'

"And I felt that the woman who had loved much and forgiven much had preached a sermon of forgiveness and mercy before which I with my platitudes must remain dumb."

GROUND FOR HERESY.

It is hard to believe that a man is a real Christian, if for three years he first preacher had been at home we'd has owed you \$2.50.



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SLOW.

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I suppose you think that is pretty quick work?

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ENEL AND BELLEVIEW OF THE LATER EXCESSES IN MANHOOD MAKE NERVOUS, DISEASED MEN THE RESULT of ignorance and folly in youth, overexertion of mind and body induction and by lust and exposure are constantly wrecking the lives and future happiness of thousands of promising young men. Home-fade and wither at an early age, but the blossom of manhood, while others are forced to drag out a weary, fruitless and melancholy existence. Others reach matrimony but find no solace or comfort there. The victims are found in all stations of life:—The farm, the office, the workshop, the pulpit, the trades and the professions. RESTORED TO MANHOOD BY DRS. K. & K. MRS. CHAS. FERRY, CHAS. FERRY. WM. A. WALKER. WM. A. WALKER.

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Bee

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sided over by women who make no effort to be dainty, and there are a great number who are at once untidy and even uncleanly to look at. The claim that however the market, and children about over the market, and children about over the market, and children about over the market, and take them

Meats are frozen and it is necessary cannot cut them, and it is necessary cannot cut them, and it is necessary riage? Has your Blood been diseased? Have you any weakness? Our New Method Treatment will cure you. What it has done for others it will do for you contemplating market. No matter who has treated you, write for an honest opinion Free Consultation Free Cons