

DOMESTIC ECONOMY.

RECIPES.

"Pease pudding hot, pease pudding cold,
Pease pudding in the pot nine days old."

Pease Pudding.—Ingredients: 1½ pints of split peas, 2 ounces of butter, 2 eggs, pepper and salt to taste. To make: Put the peas to soak over night in rain water. Tie them loosely in a cloth to allow for swelling; put them on to boil in cold soft water, and boil for two and a half hours. When the peas are tender, take them up and drain, and rub them through a colander; add butter, eggs, pepper and salt; beat well together, then tie them tightly in a floured cloth; boil the pudding for another hour, turn it on the dish, and serve very hot. This pudding should be sent to table with a boiled leg or piece of pork, and is an exceedingly nice accompaniment to boiled beef.

Xmas Cake.—Three-quarters pound butter, 1 pound sugar, 8 eggs, 2½ pounds raisins, 2 pounds currants, 1 pound mixed peel, ½ pound shelled almonds, 1 dessertspoon of mixed spice, 1 pound flour, 1 tablespoon molasses, ½ teaspoon of baking soda dissolved in a ¼ cup of sour cream. Beat butter and sugar to a cream, then add the eggs (well beaten), next the fruit, then flour and spices. Bake in a slow oven for three or four hours.

Xmas Pudding.—One and a half pounds sugar, 2 pounds suet, 2 pounds raisins, 2 pounds currants, 1 pound bread crumbs, ½ pound flour, ½ pound mixed peel, 1 nutmeg, 3 teaspoons soda, 10 eggs.

How to Treat Flannels.—For washing flannels, shave a bar of soap and pour into half a tub of water that is neither hot nor cold, but lukewarm; for badly soiled garments use two tablespoons of borax to soften the water and loosen the dirt; place flannels in the tub at once, the most soiled in the bottom, then wash the least soiled after soaking for about ten minutes; flannels must not be rubbed on the board, for this ruins the shape of the garments and the texture of the wool and is apt to cause shrinkage; do not rub soap on the garments, having made the water sufficiently soapy to cleanse without; rub and squeeze between the hands and the soil will drop away of itself and the garments appear clean. Rinse in two lukewarm waters, removing all the soap; pass through the wringer, pull into shape and hang up to dry. Do not hang out of doors in cold weather while they are wet, for this will surely shrink them; dry in the house, in an empty room or in the attic, and then air well, out of doors, after they are dry; wash the stockings after the flannels in the same way, only these may have to be rubbed on the board, inside and out, to get them clean. Most families wear stockings too long, and this causes them to wear out quickly, since they are so soiled they must be rubbed to pieces, or at least made very thin, and by changing them frequently holes do not appear so quickly. Never dry flannels or woollen stockings by a fire, nor should they hang in the direct rays of the sun; a dull dry day is ideal for flannels; after they are dry, shake thoroughly to raise the nap or the woolly fibre, and then do not dream of ironing, unless to remove the pin tracks, for the iron shrinks as much as hot water.

Green vegetables and good fruit contain certain salts and acids which may be called Nature's medicine.

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Brushing the Hair.—Do not forget to brush the hair thoroughly every day. Nothing does it so much good. It cleanses the hair, adds a gloss, makes it softer, rests the scalp, and sometimes drives away obstinate headaches.

White Hands.—To obtain white hands you may try the following: Rub the insides of a pair of large kid gloves with cold cream, and wear them during the night.

The Benefits of a Foot Bath.—A hot-water foot bath will often cure a headache from whatever cause the trouble comes. The head aches when the blood vessels in the brain are too full, and putting the feet in hot water draws the blood from the head.

For Nails that Break.—Brittle nails should be rubbed nightly with a little cold cream, vaseline or sweet oil, which will keep them from breaking. If gloves are worn at night the tips of the fingers should be cut off, or this practice will tend to make the nails brittle.

Sleeplessness.—An exceedingly nervous person, who cannot sleep, may often be quieted and put to sleep by being rubbed with a towel wrung out of hot salted water. Frequently a change from a warm bed to a cool one will tend to quiet a nervous person and make him drowsy.

SOME DON'TS FOR CAKE BAKERS.

Don't expect success if you make your cake "by guess."

Don't walk heavily about the kitchen while the cake is in the oven. Better put off cleaning up half an hour than have a heavy cake.

Don't hold the flour sifter high up and turn rapidly, allowing the lighter baking powder to be blown away.

Don't neglect to cream the butter and sugar thoroughly before adding anything else.

Don't forget that long heating before the baking powder is added makes fine, delicious cakes.

Don't thrust a heavy broom straw into the middle of the cake. It will surely fall if you do.

Don't use strong butter. It is poor economy to do this.

Don't bake anything but angel food in your angel-food pan.

Don't measure your flour before sifting, and don't neglect to measure it after sifting. Too much flour is responsible for the heavy, bread-like one often sees.

NUTS.

Peanuts, English walnuts, filberts, pine nuts and hickory nuts build up the tissues of the body.

Almonds, pine nuts and peanuts contain the food values of the other nuts in high proportions.

Heat and energy are produced by nuts rich in oil, such as black walnuts, Brazil nuts and coconuts.

For diabetes, a valuable soup may be made of spinach, celery or turnips, thickened with almonds, pine nuts, or Brazil-nut butter.

Nuts are indispensable to the vegetarian, making up for such items as meat, milk and butter. Better yet, they are free from disease germs.

Chestnuts and chinquapins are starchy nuts, and, therefore, must be well cooked to be digestible. Most nuts are more wholesome when cooked.

Pine nuts grow on the dry hills of Colorado and California in profusion. They are cheap, as there is no waste. They should be washed and dried.

We call the fruit of trees nuts when we eat the kernel and reject the outside covering. When we reverse this order and eat the outside, rejecting the kernel, we call them fruits.

How to Cure Rheumatism!

I searched the whole earth for a specific for Rheumatism—something that I or any physician could feel safe in prescribing—something that we could count on not only occasionally, but with reasonable certainty. For the ravages of Rheumatism are everywhere and genuine relief is rare.

After twenty years of search and experiment, I learned of the German chemical I now employ, and I know then that my search and my efforts were well rewarded. For this chemical, in combination with others, gave me the basis of a remedy which in the cure of Rheumatism is practically certain. In many, many tests and difficult cases this prescription has with regularity justified the confidence I had in it.

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I don't mean that Dr. Shoop's Rheumatic Tablets can turn bony joints into flesh again and never fall that is impossible. But they will with reasonable certainty drive from the blood the poison that causes pain and swelling, and then that is the end of the pain and swelling, the end of the suffering—the end of Rheumatism.

Any Rheumatic sufferer who writes may receive my little book on Rheumatism, including professional advice as to diet, etc., free. With the book I will also send without charge, my "Health Token," an intended passport to good health. Address Dr. Shoop, Box 52, Racine, Wis.

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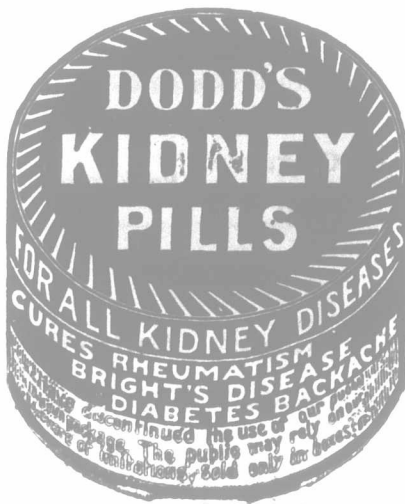
a specialty. Herd bulls—Scottish Hero (Imp.), a Shetlin Rosemary, Lovely Prince, a Cruickshank Lovely. Nothing for sale in the meantime. Public sale at Guelph, Dec. 18th, 1905.

SALARY \$60

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Country Editor—I was surprised you did not put a notice of your brother's death in our paper, Thomas.

Thomas—Well, zur, I 'ears you charges a shillin' a inch in t' "Chronicle," zur. So as John was six feet, us didn't put un in.



If He were a Farmer.

The Rev. C. M. Sheldon, of Topeka, who has pointed to us the footsteps of Jesus, and who has made it clear what he would do if he were an editor, has told the Kansas Board of Agriculture what he would do if he were a farmer:

"First," declared Mr. Sheldon, "if I were a farmer, I would take some time in the course of my life to enjoy the scenery. A famous New England painter of animals, one who especially won reputation for his painting of cattle, once said, gravely, that he thought a cow in her grazing picked out the places in the meadow or on the hillside where the scenery was of the best.

"Second, I would buy a good kodak and take pictures of various things on the farm. A good kodak with a developing machine, by means of which the pictures may be finished without the use of a dark room, can be bought with all the material necessary for a year for twenty-five dollars.

"Third, I would also provide my home with some kind of self-educating process which would be working itself out every day of the year. An intelligent and happy family on a farm in Vermont, with which I was acquainted for two years, took a Chautauqua course and graduated with honors.

"Fourth, I would consider the education of my children as necessary as the cultivation of my land or the development of new forms of vegetable life.

"Fifth, I would make it a special point to see that my house was furnished for my wife's comfort, so far as she shared in my work, as well as any other part of the farm.

"Sixth, I would consider my relation to the neighborhood in which I lived as an important factor in my life. In other words, I would not consider my duty as a farmer was done when I had made a good farm, had paid for it, educated my children, filled my own family life as full of happiness as possible; but should consider what lay around me in the lives of others as making a complete programme of life."—[Christian Advocate.