

vigilance must have on ourselves. We might go on and say how, by things of a different nature we are judged—the stinging word we let drop, the bit of malicious gossip we repeat, and so on, almost *ad infinitum*—but to-day there is no room. Anyway, we think the suggestion may carry as much weight as a full discussion; so, for this time, we will make way for someone else.

DAME DURDEN.

THE KITCHEN AND ITS EQUIPMENT.

Miss Margaret Mather, well known as an institute lecturer on home economics, spoke on the subject dear to every woman's heart—the kitchen.

The kitchen, she said, was usually furnished with what money was left after the rest of the house was provided for, and, unfortunately, the poorer the equipment the more time would the worker have to spend there.

She pleaded for small kitchens. The "nice large kitchen" of the olden days, she pronounced a needless waste of time and strength.

While we might not care to copy the compact kitchen of the dining car, we could find there some valuable suggestions. While the cook prepares meals more elaborate than our usual home meals and for a much larger number, he can do so almost without stepping out of his tracks.

She heartily recommended a kitchen cabinet in every kitchen. A pantry fitted up for work would make a good substitute. She would have a table beside the cabinet, and both should be high enough so that the worker could stand erect at her work.

Zinc she considered the best covering. A gentleman in the audience recommended it because it did not dull knives, while wood did. Kerosene was suggested as excellent to clean the zinc.

"If you haven't zinc," said Miss Mather, "use newspapers freely rather than be always scrubbing a wood top table."

There should be in the kitchen a chair low enough so the feet can rest squarely on the floor and also a stool high enough to use while working at the table.

She wood not have the floor of wood or even the beautiful tile or glass, although they are easily kept clean. They are too hard and unyielding. They make the feet tired and sore.

She preferred linoleum. Let the kitchen be not larger than the widest width linoleum. It can then be in one piece. It should be carefully fitted by an expert, and then makes an ideal floor covering. It can be kept clean with clear warm water. Milk and water—half and half—or boiled linseed oil and vinegar in the same proportions were recommended to preserve the new look.

Miss Mather said that one of her kitchen comforts was a pad made of several thicknesses of an old comforter and provided with a case of denim, which could be easily washed. Especially when ironing she found this a rest.

Some one suggested rubber heels, which brought out a diversity of opinion. Some recommended them entirely, others only for house work.

Light and ventilation are two things often neglected in the kitchen. A hood over the stove is a great help in ventilation and also in carrying away odors.

"Stay afraid of the gasoline stove and it will be safe," was Miss Mather's verdict on the stove question.

In everything connected with the kitchen the time and strength of the worker should be considered. Women are too apt to accept as inevitable little drains upon their strength that could be avoided. Heavy utensils, drawers and doors that stick, etc., in the course of a year, means too much loss of energy.

He Cheered Me Oft.

"His words have cheered me oft," they said
As he in peace was lying,
With folded hands, upon his bed,
Beyond the stress of dying.
He had no art to gather gold—
He loved too well his brother,—
But, "Much I loved him!"—thus they told
Their thought to one another.

My Father, though this life of mine
Lead through the valley lowly:
Though half unwritten the thought divine
That Thou hast whispered wholly,
Yet when I die, and visions soft
Through my long sleep are pressing,
Let fond hearts say, "He cheered me oft,"—
I ask no other blessing.

—Alfred J. Waterhouse, in Success Magazine.

AN UNPOLISHED REFLECTION

John Philpot Curran, the eminent Irish barrister and orator, once met his match in a pert, jolly, keen-eyed Paddy, who acted as ostler at a large stable, and who was up as witness in a case of a horse-buying dispute.

Curran much desired to break down the credibility of this witness, and thought to do it by making the man contradict himself by tangling him up in a network of adroitly-framed questions; but all to no avail. The ostler was a companion to Sam Weller. His good common sense and his equanimity and good nature were not to be overturned.

By-and-bye Curran, in towering wrath belched forth, as not another counsel would have dared to do in the presence of the court:

"Sirrah, you are incorrigible! The truth is not to be got from you, for it is not in you. I see the villain in you face."

"I' faith, yer honor," said the witness with the utmost simplicity of truth and honesty, "my face must be moighty clane and shinin', indade, if it can reflect like that!"—*Ex.*

LORD PLUNKET'S BAD COOK

In a chapter on verbal infelicities, the author of "Collections and Recollections," relates an anecdote concerning Archbishop Trench, a man of singularly vague and dreamy habits, who resigned the See of Dublin on account of advancing years and settled in London.

He went some time after to pay a visit to his successor, Lord Plunket. Finding himself back again in his old palace, sitting at his old dinner-table, and gazing across it as his old wife, he was master of the house, and gently remarked to Mrs. Trench:

"I am afraid, my love, that we must put this cook down among our failures." What the feelings of Lord and Lady Plunket were on hearing this comment, history does not relate.—*Argus.*

HOUSEKEEPING HINTS.

To prevent an accumulation of soot in stovepipes, hang some zinc (size of pigeon's egg) inside the stove, where the fire is. Tie it to the fastening of the door with wire, or any part that ingenuity suggests, where it will be close to the fire, and the material formed by the melting zinc will dissolve the accumulations in the pipes.

RECIPES.

The following tested recipes have been very kindly contributed by "Aunt Maggie."

SCOTCH ROLL—SPLENDID.

Remove skin from five-pound flank of beef with sharp knife, and cut layer from thick part, and lay on thinner part to make same thickness throughout. Mix three tablespoons salt, one of sugar, half teaspoon pepper, one-eighth teaspoon powdered cloves, one teaspoon summer savory. Sprinkle over meat; then sprinkle with three tablespoons vinegar. Roll up and tie, or sew, and put away in cold place for twelve hours. At the end of time, place in stew-pan, with boiling water to cover, and simmer gently for three hours and a half. Mix four heaping tablespoons of flour with half cup of cold water, and stir into gravy. Season with pepper and salt. Simmer half an hour longer. Stand pan, with meat, in cold place, and baste with gravy. Then allow to become perfectly cold, and slice evenly.

POTATO SOUFFLE.

Heat cold, mashed potatoes slightly, and moisten with a well-beaten egg, a little milk, and butter the size of an egg, then beat to a cream. Bake brown in a quick oven.

RISSOLETTE.

Any cold meat will do. Grind, and season well with salt, pepper and savory. Make into shape of flat dumplings, and fry in butter, or dripping, which is plentiful at this time of the year.

You cannot escape your taxes here by talking about your citizenship there.

When "the good things of life" are our best things they become our worst.

PIANO BARGAINS

The following are a few high-grade Piano Bargains which must be cleared out prior to stock-taking.

BEHR BROS. Cabinet Grand Piano, rich circassian walnut case. only three months in use, catalogue price \$850. now **\$375**

HEINTZMAN Upright Piano, Duchess of York style, 3 years **\$275**
in use, was \$450, now

EVANS BROS. Medium size, walnut case. full iron frame, **\$255**
revolving fall-board

CHICKERING Upright Piano, soft mellow tone **\$225**

CHICKERING Concert Grand Piano, fully guaranteed, action **\$350**
thoroughly renovated, cost \$1500, now

BERLIN Upright Piano, superior tone. ivory keys, cost \$400, **\$265**
now

DRAWING ROOM Upright Piano, beautifully carved **\$240**
panels, three pedals

FINE LAYTON BROS. Cabinet Grand Piano, in use but a short time, rich full tone **\$220**

We have also many more used Pianos at much lower prices, as well as some remarkable bargains in Organs and Piano-Players

Instruments shipped on approval to any address in the Dominion. Write for Art Catalogue of new and used Pianos and Organs. Mailed free,

LAYTON BROS.

144 PEEL ST.

MONTREAL

You're sure of the **BEST**
when you get

Blue Ribbon

Tea

Coffee

Baking Powder

Spices

Extracts

Jelly Powder

Herbs

Mustard

Cream of Tartar

They cost no more than other kinds, but will go much further on account of their unusual purity and strength.

It will therefore pay you well to use Blue Ribbon goods of all kinds and so get the best of everything.

Remember we guarantee all Blue Ribbon goods to give perfect satisfaction and be just as represented. Your grocer will give you back your money if you have any just cause for complaint.

You take no chances.



Manufactured in Canada, especially to withstand the severe contraction of the frost. Send stamps for samples and booklet. Winnipeg, May 29th. 1899.
W. G. Fonseca, Esq.
Dear Sir,—In reply to your enquiry of the 15th inst., we beg to say that the Mica Roofing you placed on our cold storage building two years ago has proved satisfactory and we have no hesitation in saying that we are pleased that we have used the same.
Yours sincerely,
(Signed) McDONAGH and SHEA.
W. G. Fonseca & Son, AGENTS FOR WESTERN CANADA
55 Fonseca Ave., WINNIPEG.

Be a Watchmaker

EARN WHILE YOU LEARN. Write for our Free Book, "How to Be a Watchmaker." A postal card will do.

STONE'S SCHOOL OF WATCHMAKING
Globe Building St. Paul, Minn.

HIGH-CLASS PHOTOGRAPHS

For first-class and up-to-date Photographs go to **E. B. GURLETTE'S** New Studio in the Allan Block. Only one grade of work turned out, and that the best. No stairs to climb. All on the ground floor. Location: First door south of Post Office, Calgary, Alta.

E. B. GURLETTE

IF YOU WANT A MACHINE FOR Well DRILLING OR PROSPECTING

with either Rope or Pipe Tools, write to us describing your work, stating depth of wells and size of Bits or Drills you want. Our machines are the latest and most durable, and the greatest money earners ever made! Results guaranteed.

LOOMIS MACHINE CO., TIFFIN, OHIO.

Do you ever Think?

of the importance of SEED SELECTION as a factor in CROP PRODUCTION?

POTTER & MACDOUGALL'S SEEDS

have been specially selected to meet the needs of the West. THAT'S THE REASON FOR THEIR PRO- NOUNCED SUCCESS. Write for catalogue to

POTTER & MACDOUGALL, Edmonton, Box 222. Cor. MacDougall & Jasper Ave