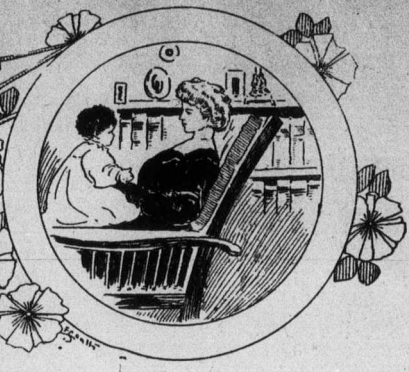


HOUSE AND HOME

CONDUCTED BY HORTENSE



In two ways I am wont to visit my elect, namely, with temptation and with consolation.

How They Lost Their Health.

Trying to save time at meals, taking only ten or fifteen minutes for luncheon, with their minds intent on business problems.

The Laugh Cure.

Laughter induces a mental exhilaration. The habit of frequent and hearty laughter will not only save you many a doctor's bill, but will also save you years of your life.

Beauty of Motherhood.

Edith Rockefeller McCormick, wife of Harold F. McCormick, with Mme. Schumann-Heink and Frederic Schoff, has contributed to a well known magazine an article touching the philosophy of motherhood under the caption "What My Children Mean to Me."

much sacrifice in a mother's life; so much she gives up, so much she gives out which is not appreciated, and for which she never receives any return.

Woman as a Railroad Contractor.

Saskatchewan has a real, live woman railroad contractor. She is at present grading a few miles east of Regina.

Belts in Favor Again.

Belts seem to have returned to the highest favor with modistes, if the styles now being put forward are any criterion.

There are many new models which are not at all plain, of course, but the most distinctively new models have decidedly that effect and carry one's memories back to the fashion books of many years ago.

Useful Hints.

Never take a bath after eating a hearty meal; nearly two hours should elapse. Nor should one bathe when greatly fatigued.

the back of the head. If the moths have begun to turn your carpet, take the tacks out, turn it back one-half yard all around the room, wash the boards with a saturated solution of camphor, putting it on with a paint brush; then lay the carpet back in its proper place, put over it a towel wrung out of water camphor, and iron it thoroughly with a red-hot iron, so as to steam it through and through, and this will kill the insects and all their larvae.

One way of restoring white silk articles that have become yellow in washing is to dip them in tepid, soft water containing to each quart a tablespoonful of ammonia water and a few drops of blueing. Wring them out, and if still yellow, add a little more blueing to the water until they are fully restored.

The finest of manicure acids is made by putting a teaspoonful of lemon juice in a cupful of warm water. This removes most stains from fingers and nails and loosens cuticle more satisfactorily than can be done by the use of a sharp instrument.

The juice of a lemon taken in hot water on awakening in the morning is an excellent liver corrective, and for stout women is better than any anti-fat medicine ever invented.

Tasty Recipes.

CREOLE CHICKEN. Cook four tablespoonfuls of butter with one half shallot, finely chopped, five minutes, stirring constantly. Onion may be used if shallot is not at hand.

POTATO TOAST. Two tomatoes, two eggs, one ounce of butter, one ounce of ham, a slice of onion, pepper and salt to taste.

POTATO CROQUETTES. Season hot mashed potatoes with salt and pepper, a little nutmeg; beat to a cream, with a tablespoonful of melted butter and ten drops of onion juice to every pint of potatoes; add one beaten egg yolk and a tablespoonful of chopped parsley.

BAKED TONGUE. Wash a fresh tongue, put it in a saucpan with some carrots, turnips, a celery root, salt and plenty of water; boil it, removing the scum as it rises. When soft, take it out of the pan and skin it, cut up an onion and a little lemon peel, brown them in bacon fat, make holes in the tongue and fill them with the mixture, return it to the saucpan with part of the liquor in which it was boiled, and steam it for a few minutes, then place it in a baking dish, mix half a pint of cream with some of the liquor, baste the tongue with it and bake it a nice brown.

SWEET POTATOES WITH CREAM. Wash and boil four large sweet potatoes. When done scrape off the skin, cut into quarters and put them in a saucpan with one heaping tablespoonful of butter, a dash of salt and pepper, a tablespoonful of sugar and a cupful of rich cream. Cover closely and stand at the side of the fire for fifteen minutes.

VOLAUVENT. Take one and one-half cupful of cold boiled chicken cut into dice.

drain a cupful of canned peas and cook until tender in a little chicken stock. Cook together two table-spoonfuls each of butter and flour; add half a cupful each of cream and chicken stock, half a teaspoonful each of salt and sugar, one-quarter of a teaspoonful of onion juice and a dash of cayenne and stir until it boils smooth.

What is Worn in London

Velvet More Handsome Than Ever--Wide Satin Scarves, Fur-Trimmed Worn With Afternoon Gowns.

London, Nov. 1.—We are certainly in a time of transition. After being singularly favored for the last two years by the most beautiful and universally becoming fashions that have graced the female form since the last hundred years we are now threatened by the restlessness of the dressmakers and designers, to whom change is as the breath of their nostrils, with all manner of absolutely barbarous innovations, lines twisted awry, draperies in the wrong place, and meaningless bows and buttons and trappings dumped anywhere, any place being good enough so long as it is one which should not be chosen.

Some years ago there lived in Perth, Scotland, a not very sober man, known as Jamie. One night an acquaintance found Jamie lying at the foot of his stairs. "Is that you, Jamie?" asked the caller. "Ay it's me!" replied Jamie, in a tone of resignation. "Have you fa'en doon the stairs?" was the next question. "Ay, I fell doon, but I was comin' doon, whether or no!"

WHEREIN THEY DIFFER. (From Judge's Library.) First Shining Light (in the colored church)—Ah don't believe in callin' dis heah society de Ladies' Auxiliary, Dat's imitat' de white folks.

HE WASN'T TWINS. "My friend Woolen—William Wesley Woolen," said Speaker Cannon, "was starting on a trip to Europe. He needed a steamer rug in a hurry and telephoned for one to be sent to his house. The clerk took the order, but couldn't understand the name. 'Spell it out,' he said, 'and I'll write it down.' 'So Woolen started. 'Wes,' said he. 'Yes,' said the clerk. 'Wes.' 'W.' 'Ye-es.' 'Double O.' 'Ye-es.' 'Double L.' 'Say,' interrupted the clerk, 'what do you think you are, twins?'—Harper's Weekly.

In a recent discussion of dilettancy, William H. Maxwell, the extremely successful superintendent of New York's public schools, quoted an amusing letter. This letter, sent to one of Superintendent Maxwell's Brooklyn teachers, ran: "Friend teacher, I do not desire to Claire shall engage in Grammar, as I prefer her engaging in useful studies, as I can learn her how to speak and write correctly myself. I have went through two grammars and they done no good. I prefer her engaging in French and drawing and vocal music on the pianna."

Child's Play Wash Day Surprise Soap. Means: To make the dirt drop out, not be rubbed in, use Surprise Soap. The "Surprise" way without boiling or scalding the clothes. Its a new way and a clean, easy method of doing the wash. Surprise is all Soap; a pure Soap which makes a quick lather. Read the directions on the wrapper.

HER BEST FRIEND. "Who was it!" shouted the sufragist leader, "who was it that did the most to elevate woman?" A little chap blinked his eyes, and drawled: "Why, the man that invented those high French heels." And then the meeting adjourned.

DISFIGURING, TORTURING SKIN TROUBLE. Cannot be Cured by Salves and Ointments—The Blood Must Be Purified. A blemished skin irritating sores, pimples, eczema, salt rheum and other skin disorders are all signals of impure blood, telling that your blood is impure or weak. You cannot cure eczema and other skin troubles with ointments and outward applications. These things may give temporary relief, but cannot cure, because the trouble is rooted in the blood and can only be removed by purifying and enriching the blood. Dr. Williams' Pink Pills speedily cure skin troubles because they enrich, purify and build up the impoverished blood that caused the trouble. As they feed and cleanse the blood the skin grows fair, the bloom of health returns and new strength is found. No other medicine has ever had such wonderful results in curing all diseases due to bad blood. Miss Elizabeth Gillis, Kensington, P.E.I., says: "I was so afflicted with skin troubles that I felt for me. For seven years before I began their use I was troubled with salt rheum. My hands and arms were nearly always a mass of torturing cracks and sores. I tried several doctors and spent a great deal of money without getting any benefit. Indeed my hands seemed to be getting worse all the time. Finally my brother persuaded me to give Dr. Williams' Pink Pills a trial and I am happy to say they have all completely cured me. I used in all seven boxes and I would not be without them in a case of this kind if they cost five dollars a box instead of fifty cents. I hope my experience will be of benefit to some other sufferer from skin trouble."

Interesting Find. Mr. P. McGuinness, Lissegerton, Clones, recently found in the thatched roof of his house an ancient snuff-box of peculiar shape and design. The ornamentation and inscription showing that it was designed as a souvenir of the victories of Frederick the Great, King of Prussia, 1726-86, probably at the end of the seven years' war in 1763. The box, which was oblong in shape, with rounded edges, measures 6-1/2 inches in length, almost 2 inches in breadth, and 1-1/4 in depth. The sides are of silvered copper, and the lid and bottom of silvered brass. On the lid is a relief figure of King Frederick in full military uniform, while a hand stretching from the clouds is about to place a crown of bay leaves on his head. Underneath is inscribed "Fredericus Magnus Borussia Rex." On the bottom are represented twelve battles in which Frederick was victorious, with inscriptions, one of which gives the maker's name as Giese, of Iserlohn, a town in Westphalia. On the side is scratched "Mark Fudd, Penzance, 1764." It appears that some military were quartered in Lissegerton, in the 18th century, and Fudd, presumably the owner of the box, was most probably an officer.

A Pleasant Purgative. "Parmelee's Vegetable Pills are so compounded as to operate on both the stomach and the bowels, so that they act along the whole alimentary and excretory passage. They are not drastic in their work, but mildly purgative, and the pleasure of taking them is only equalled by the gratifying effect they produce. Compounded only of vegetable substances, the curative qualities of which were fully tested, they afford relief without chance of injury."

Heart Trouble. Through one or more of the pericardium of the heart, the system becomes heart palpitated. The system becomes heart palpitated. The system becomes heart palpitated. The system becomes heart palpitated.

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Advertisement for Dr. Williams' Pink Pills for Pale People, including text about skin troubles, heart trouble, and a list of testimonials.

Advertisement for Barrard, including text about legal services and contact information.