

About the House

APPETIZING DISHES.

Improve Your Apple Pie.—A little molasses mixed with apple improves the flavor of apple pie.

Crusted Potatoes.—Cut boiled potatoes lengthwise into fairly thick slices. Dip well in beaten eggs, highly seasoned; roll in flour and fry in hot spider.

Peach Nest.—Said. Pare and halve large ripe peaches; remove stone, and fill hollow with chopped English walnuts. Serve with salad dressing on a lettuce leaf.

To Improve Mayonnaise.—To one-half cup mayonnaise salad dressing add one heaping teaspoon peanut butter, thoroughly mixed in, a small quantity at a time. It improves it.

Roast Duck with Onions.—Procure a pair of nice ducks, clean them well, and put in a shallow baking pan. Season with salt and pepper, hard, and a little water. Surround the ducks with onions cut in halves and small slices of fresh ham. Set in a warm oven.

Stuffed Mutton and Beef.—Have a loin of mutton boned and before rolling it up to roast spread on the inside a stuffing made of apples and onions chopped fine, add a few breadcrumbs. Bake in a hot oven. Serve with red currant jelly or apple sauce.

Creamed Potatoes.—Slice thinly six boiled potatoes. Make a white sauce with a spoonful each of flour and chopped parsley fried in butter. Do not let these get brown. Add a cup of water and last, the sliced potatoes. Season with salt and pepper and let boil slowly for ten minutes, stirring often. Serve hot.

Oyster Soup.—Take a good piece of soup meat and boil it in a quart of water. Season with salt only. Make a hash of green onions, parsley, and chervil. Try this in hot butter; add flour for thickening, and pour the broth on the whole. Add two dozen oysters and more water if needed. Season with a branch of thyme, two bay leaves and a piece of strong pepper. Serve with toast.

Tomato Pie.—A delicious pie for this season of the year and one farm-bred folks delight in is green tomato. Line a deep pie pan with crust; slice rather thin green tomatoes and sprinkle with a cup of sugar and a teaspoonful of cinnamon; and one of nutmeg; put in a tablespoonful of butter; pour two tablespoonfuls of vinegar over same, and before adding a thin upper crust sprinkle on a little flour.

To Boil Rice.—To a pound of rice use three quarts of water, having water well salted and boiling. Add rice that has been washed thoroughly; let it boil hard, stirring occasionally, for about twenty minutes, or until the kernels are tender; then drain in a colander and pour a little cold water through. Turn into a granite pan; cover, and let stand in oven a few minutes. Every kernel will be whole like potatoes.

Make Your Own Corn Bread.—For each loaf of bread allow one-half pint scalded milk, one-half teaspoon salt, one-quarter cake compressed yeast, and one-half tablespoon lard or butter. Stir in as much flour as is needed to make a stiff dough and let rise over night. In the morning turn out on mixing board and cut with a knife fifty or seventy-five deep gashes for each loaf, turning the dough as little as possible. Mould into loaves, let rise one hour, and bake one hour.

Cocoanut Pie.—Bake under crust; put a pint of sweet milk in a pan and set it in a kettle of hot water. When the milk boils add three tablespoonfuls of sugar; then two tablespoonfuls of cornstarch dissolved in a little cold water. Cook until it thickens; then add one-half box of cocoanut. Take off the stove and add white of the eggs, whipped to a stiff froth. Turn the mixture into the shell and place it in the oven to brown.

Roll Stuffed Steak.—Take two pounds of beefsteak, lay it on a chopping board, beat it with a rolling pin about ten minutes. Then place the following stuffing on the steak and tie it up tightly. Put it in the oven with buttered paper over it. Bake twenty minutes. Serve with horseradish sauce, a scrap of horseradish on top, and some parsley. Four the gravy around which comes from the steak. Stuffing for above steak: Mix handful of breadcrumbs, a tablespoonful of chopped cherries, an ounce of butter, pepper and salt, and mix with a well-beaten egg.

USEFUL HINTS.

Keep Milk Sweet.—Put into milk a spoonful of grated horseradish and it will keep sweet for days.

Use Old Tooth Brushes.—Scald old tooth brushes, cleanse further in ammonia water; use to clean fancy handles of silver.

Stop Oil Stove's Smoking.—Keep your oil stove wick well trimmed and it won't smoke. Sear stray ends of wick with a red hot poker.

Keep Grease Off Floor.—Old newspapers spread on the floor by the stove while frying meat will keep your floors free from grease spots.

Glue Up Hole in Silk.—Place a piece of silk under the rent with prepared glue, which can be purchased in drug store for 10 cents.

Make Soap Go Farther.—Cut into pieces and put into a dry place; it is more economical to use after it has become hard and it does not waste so readily.

For the House Painter.—When making use of a bucket and brush, to prevent the brush from slipping into the paint or paste draw a wire from one side of the handle across to the other and rest the brush on the wire and edge of pail.

Fix that Winger Early.—When the rubber on the winger breaks take a piece of muslin four inches wide and wind back and forth around the roller. It will not soil the clothes and may be used quite awhile; but better buy a new roller.

Shade Trees Shouldn't Die.—Those wanting to plant shade trees will have no trouble having them live if when setting them out they will place a four-inch tile so the mouth of the tile will just reach top of ground, or a little above. In this way one pail of water a day will keep the trees alive in the driest weather.

When New Shoes Pinch.—If new shoes are uncomfortable, put them on, but do not lace nor button. Stand, bearing the weight on the foot, and, with the help of a teaspoon fill the shoes with water as hot as can be borne, and let them dry on the feet. This stretches the shoes from the inside, and one or two applications will suffice. It is better to move about a little when the shoes are drying, as this aids the stretching.

To Pack Canned Fruit.—Get a box from your grocer if you intend to ship canned fruit on cars. Pad the bottom and sides thickly with excelsior or newspapers and fill snugly into empty boxes, then wrap each jar in newspaper until it fits tightly. Then turn down the covers and lay a thick pad over the whole, tucking in at corners and sides. Nail on the boards with wire nails, tag, and mark, "Glass, handle with care." If any jar breaks you have not been careful to fit boxes in snugly.

Make a Mouse Trap.—A novel and inexpensive mouse trap may be set by upon the floor a well-filled water pitcher or bucket, and putting a piece of paper, broken in the centre, on top. Upon this sprinkle cheese. A bit of plank is slanted from the floor to the top of the pitcher—like a gangplank—and a trail of cheese leads the way to the summit. The mice, allured to the top, fall through the frail paper and are drowned. This is especially good where there are small children.

SEVEN FEET OF NAILS.

Calculated that They Would Grow that Length in Seventy Years.

A scientist has estimated that in a life time of seventy years a man grows nails which, if it were possible to preserve them intact, would reach the phenomenal length of 7 feet 9 inches. Exactly on what arguments this statement is based it is hard to say; for a little observation will show that during the greater portion of a man's life he cuts his nails on an average once a week, and at each paring removes a sixteenth of an inch, or the equivalent of a quarter of an inch per month, working out at 3 inches in a year. This would give him a growth of 7 feet 6 inches during the thirty years he lives between twenty and fifty. In the other forty years, when the growth is less rapid, he would certainly produce 4 feet of nails, so that 11 feet is a better average for the nail-producing capacity of man.

It should be noted, however, that the growth of the nails on the right hand is in most people, more rapid than those on the left, and it may be that the scientist in question has based his argument on the slower growth of the left-hand nails. Another curious point is that the rate of growth of the nails depends directly on the length of the finger; thus, the nails on the two middle fingers of man grow more rapidly than those on the first and third finger respectively, and these in turn are more speedy in their growth than those on the little fingers. Again, nails "ripen" quicker in summer than in winter, when the cold seems to render them harder.

A bald-headed man writes: "The most impudent child I ever met was a boy of ten years of age. On leaving his widowed mother's house I attempted to pat him on the head in a fatherly manner. At this he pushed my hand away and said, 'Grow some hair on your own, old man, if you want to pat it!'"

"How does it happen," inquired the stranger, "that all the improvements are being made in this one street?" "It does not happen at all, sir," replied the guide, who was showing him about the place, majestically. "This is the street I live in. I am chairman of the local board, sir."

FARMING IN EAST AFRICA

2,000 SETTLERS AT WORK IN GERMAN TERRITORY.

This Although It Was Only Last Year Germany Got Ready to Admit Colonists.

It is about thirty years since the Germans acquired the vast region now known as German East Africa. They had no idea then that any part of the colony, which is only a little south of the equator could ever become the home of white settlers. Much to their surprise, they have found that about a sixth of the country is so rich in soil and stands so high above the sea that white men may engage in manual labor there the year around.

The regions that invite white colonization are distributed in large and small areas among the Usambara Mountains, near the sea; on the vast, high plains south and west of Mount Kilimanjaro; in the mountains and rich valleys of Ulhebe to the southwest; on the high tablelands of Urundi and Ruanda near the Congo Free State and in other districts. Already about 2,000 peasants from Germany and the Transvaal have settled there, though it was only last year that Germany got ready to admit colonists.

In some places there are only two or three settlers, while in other regions there are scores of families. It is still an untamed wilderness and Germany holds out no glittering inducements.

In the circular of the colonial government last year colonists were told that they would be accepted if they were well, strong and temperate. They must be prepared to endure bravely the privations inseparable from pioneer life. There was little prospect of acquiring wealth, but the diligent man could make a home for himself and his family and BECOME INDEPENDENT.

The great regions of Urundi and Ruanda, the most populous parts of German East Africa, about 300 miles from the Indian Ocean, are not yet open to settlement, as orderly relations with the natives are not yet fully established. These are the only regions adapted for white occupancy that are not yet accessible to colonists.

The Government will ultimately sell the land, but at present it is leased to settlers for a few cents an acre. As soon as the settler has one-tenth of his holding under cultivation or otherwise devoted to useful purposes, he is entitled to purchase twice as much land as he has improved at about 10 or 20 cents an acre.

The Government requires all settlers to bring at least \$500 into the country. They must paddle their own canoe in a financial way. It is a little different, however, with the German Poles, who are as yet the chief German immigrants. For each family a little cabin and two out-houses are constructed, a few cattle and some farming implements are provided and the Government is reimbursed in small regular payments.

All the settlers live in small cabins built of wood, stone or tiles. Many of them give most attention to the raising of cattle, sheep and goats, and produce only sufficient crops to feed their families. The Germans have been greatly surprised to find how large a variety of European farm crops can be grown on these wide-spreading lands from 4,000 to 7,000 feet above the sea. Some settlers are actually raising wheat as fine as any land produces.

Wheat is destined to be a great crop, 800 miles inland, in the region of Central African lakes. The first crop sown on the second ploughing of the land yielded about forty bushels to the acre, the only trouble being that

IT RIPPED IN PATCHES, so that a whole field could not be cut at once.

European vegetables grow finely, small fruits do well, and cotton and tobacco are an assured success. Millions of coffee trees have been planted, tobacco and sugar cane thrive and sisal hemp, introduced from Yucatan on the Government experimental farms several years ago, is already an important export.

The cry now is that the dockage facilities at Tanga, to which port most of the exports are sent, must be enlarged at once or shipments will be embarrassed. Already freight cars are likely to stand unloaded for several days as storage room is not adequate.

It is a surprising fact that last year the three German ports on this great inland sea shipped 4,059 tons of the products of that part of German East Africa to Europe. The freight was carried on British lake steamers to the Uganda railroad, on which it was hauled to Mombasa and loaded on Hamburg and Bremen steamships. The largest items were peanuts, cotton, rice, rubber, wax, coffee, building woods, hides and skins.

Mr. Siedentopf is the only colonist who has yet entered the country with sufficient capital to begin work on a large scale. He picked out his land, all of which lies about 7,000 feet above the sea, and before he had been in the colony three months he purchased 2,000 head of native cattle and intends to increase his herd to 5,000.

He is developing a first-class ranch in a region where there is plenty of water and grass.

But all is not gold that glitters in German East Africa. Several hundred Boers from the Transvaal took up lands which some of them have already abandoned, moving over to

BRITISH EAST AFRICA.

where they say the land allotments are larger and they have better treatment. The great trouble in the German territory is that railroad building has been

painfully slow and that the development of the country is already ahead of the transportation facilities.

All the settlers who are destined for the grazing and farming lands of the Kilimanjaro plateau have to tramp or trek 160 miles from the terminal railroad station to their destination. Here is the testimony given by one of those Boer farmers when he was bedridden with fever:

"We timed our arrival in accordance with the Government promise that the bridge over the Khomasi River would be completed on a certain day. We knew we could not get our goods across the river till the bridge was ready."

"We took the railroad to Mombasa and then started our wagons. We reached the river, one of the worst fever-breeding spots in Africa. Here we were kept sixteen days because the bridge was not ready."

"Our whole family, excepting one daughter, have nearly died of fever. We reached our land and with the greatest difficulty in our enfeebled state we built a house to live in. The Government gives us no protection. My two sons are now hunting for the Masai who night before last stole ten head of our cattle."

"A year before we came here the Government promised that in two years the railroad from Tanga would be completed to Kilimanjaro. We knew that it would be a year at least before we had anything to sell, and so we came here expecting that by the time we had skins, hides, butter and farm products to ship to the coast we should have a railroad at our door."

"But the railroad has not been built a rod beyond Mombasa. We are ten days by wagon from Mombasa and we don't know when we shall have this transportation."

"This country is splendid. The grass is good, water is plentiful, the soil is rich, the climate is all we can ask; but we do not think that the German Government is doing what it should to supply transportation."

The white settlers all over German East Africa are loudly protesting against the tardy development of the railroad system, planned several years ago. Letters from colonists on Victoria Nyanza say it is a disgrace to the German flag that they have to send their produce to the sea by the British steamers and railroad.

These protests are producing some effect and there are signs that railroad building will soon be pushed with some degree of vigor.

BADLY RUN DOWN.

Through Over-work — Dr. Williams' Pink Pills Restored Health and Strength.

Badly run down is the condition of thousands throughout Canada — perhaps you are one of them. You find work a burden. You are weak; easily tired; out of sorts; pale and thin. Your sleep is restless; your appetite poor and you suffer from headaches. All this suffering is caused by bad blood and nothing can make you well but good blood—nothing can make this good blood so quickly as Dr. Williams' Pink Pills for Pale People. These pills never fail to make rich, red, health-giving blood. Mr. H. R. Reed, Quebec city, says: "About twelve months ago I was all run down as the result of over-work. My doctor ordered me to take a complete rest, but this did not help me. I had no appetite; my nerves were unstrung and I was so weak I could scarcely move. Nothing the doctor did helped me and I began to think my case was incurable. While confined to my room friends came to see me and one of them advised me to try Dr. Williams' Pink Pills. I did so and soon my appetite improved; my color came back and in less than a month I was able to leave my room. I continued the pills for another month and they completely cured me. I am now in the best of health and able to do my work without fatigue. I feel sure that all who are weak will find renewed health and strength in Dr. Williams' Pink Pills. They certainly saved me from a life of misery."

When Dr. Williams' Pink Pills make new blood they go right to the root of and cure anaemia, rheumatism, St. Vitus dance, kidney trouble, indigestion, headache and backache and those secret ailments which make the lives of so many women and growing girls miserable. Sold by all medicine dealers or by mail at 50c. a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

THAT REVEREND GENTLEMAN.

A burglar was one night engaged in the pleasing occupation of stowing a good haul of swag in his bag, when he was startled by a touch upon his shoulder, and, turning his head, he beheld a venerable, mild-eyed clergyman gazing sadly at him.

"Oh, my brother," groaned the reverend gentleman, "wouldst thou rob me? Turn, I beseech you; turn from thy evil ways. Return these stolen goods and depart in peace, for I am merciful, and forgive. Begone!"

And the burglar, only too thankful at not being given into custody of the police, obeyed, and slunk swiftly off. Then the good old man carefully and quietly packed the swag into another bag and walked softly across not to disturb the slumber of the inmates out of the house and away into the silent night. For he, too, was a burglar.

"Her marriage was a great disappointment to her friends." "Indeed?" "Yes. They all predicted it would turn out unhappy, and it didn't."

DO YOU KNOW ESPERANTO

HOW A UNIVERSAL LANGUAGE WAS INVENTED.

Life Work of Dr. Zamenhof — Great Advantages Which Will be Derived From It.

The name of Dr. Zamenhof, of Warsaw, is likely to go down to posterity as one of the greatest of the world's benefactors; for to him belongs the credit of inventing Esperanto, a language by which men of all nations can converse together. "We wish to create a common ground on which the various races of mankind can peacefully and fraternally mingle, without intruding racial differences in any way," the doctor remarked in his inaugural address at the recent conference of Esperantists, at Cambridge, England. And, judging by the enthusiastic assembly at the conference, that wish is rapidly being realized.

Delegates from twenty-five different nations, representing half a million Esperantists, conversed with each other in the easiest and freest manner. And if further testimony be needed as to the merits and uses of this twenty-year-old language, it can be found in the fact that it has been included in the curriculum of

ENGLISH AND FRENCH SCHOOLS. Educationists, scientists, tourists, commercial men, etc. are rapidly recognizing the practical and valuable nature of Esperanto.

Yet it was not so long ago that Dr. Zamenhof was regarded by many people as a crank. Few took him seriously when, in 1887, he published his brochure, "An International Language, by Dr. Esperanto," and for ten years he labored hard to get the merits of his linguistic invention recognized. Then the world suddenly awoke to the knowledge of Zamenhof's genius, and commenced to learn Esperanto with avidity.

Curiously enough, it was not Dr. Zamenhof's intention, when he first conceived the idea of inventing an auxiliary language—for that is the correct description of Esperanto, seeing that it is an adaptation from all languages and a rival to none—to invite universal use, as the story of its origin shows.

As a boy Dr. Zamenhof lived in the little town of Bielostok, on the frontier of Russia and Germany. The inhabitants were of four different nationalities—Russians, Poles, Jews, and Germans—each group speaking its own language, and on bad terms with the other groups. When young Zamenhof reached his teens he grieved over this, and rightly concluded that the main cause was the misunderstanding due to

DIVERSITY OF LANGUAGE, and determined some day to invent a language which they could all understand.

With this object in view he acquired a knowledge of Greek, Latin, French, German, English, Yiddish, Russian, and Polish, and thus equipped himself well for the task. Esperanto was the result of twelve years' study, and may be said to be built up from those words which are already known to the greatest number of persons of average education. Thus from an ordinary page of Esperanto text an Englishman recognizes 70 per cent. of the words, an Italian 60 per cent., a Spaniard 40 per cent., a Frenchman 80 per cent., and a German 40 per cent.

As an illustration of the simplicity of the new language, it might be mentioned that a booklet of twenty pages is sold at 2 cents for the use of beginners, entitled "The Whole of Esperanto," and whoever learns the contents of this booklet will know the

GREATER PART OF ESPERANTO.

An example of the word-building which forms the basis of the new language will illustrate its comprehensiveness. "Pater" is father; "patra," fatherly or paternal; "patre," in a fatherly manner; "patrino," mother. The nouns end in "o." Every word of more than one syllable is accented on the last syllable but one. Phonetically, grammatically, and structurally Esperanto is thus extremely simple.

Naturally Dr. Zamenhof is not a little proud of his achievement, and gratified on account of the manner in which Esperanto has at last been recognized. At the same time he thinks more of the advantages which the world will derive from his invention than of personal benefits. For, in the words of one who knows him, Dr. Zamenhof is "humble, unassuming, genial, and modest—an absent-minded professor of the old German type." He is none the less a genius for all that.—London Tit-Bits.

BABY AND MOTHER.

A few doses of Baby's Own Tablets relieves and cures constipation, indigestion, colic, diarrhoea and simple fevers. The Tablets break up colds, expel worms and bring the little teeth through painlessly. They bring health to the little one and comfort to the mother. And you have the guarantee of a government analyst that this medicine does not contain one particle of opiate or poisonous soothing stuff. Mrs. C. F. Kerr, Elgin, Ont., says: "Baby's Own Tablets is the best medicine I have ever used for stomach and bowel troubles and destroying worms." Sold by all medicine dealers or by mail at 25c. a box from The Dr. Williams' Medicine Co., Brockville, Ont.



The effect of malaria lasts a long time. You catch cold easily or become run-down because of the after effects of malaria. Strengthen yourself with **Scott's Emulsion**. It builds new blood and tones up your nervous system.

ALL DRUGGISTS; 50c. AND \$1.00.