

About the House

FOR THE HOME COOKS.

Roller Oat Cookies.—To one egg, well beaten, add one-half tablespoon butter, one-half cup sugar, one-half teaspoon salt, one and one-half cups rolled oats, vanilla to taste. Beat well and bake in slow oven. It is nice for 5 o'clock tea.

Egg Dish for Luncheon.—Boil hard as many eggs as desired. When cold remove the shells, cut in half length-wise, and dip in egg and cracker crumbs. Let stand a little while; then fry in butter. Serve in a bed of lettuce leaves. Eggs cooked in this manner are dainty and delicious.

Rhubarb Pudding.—Stew the rhubarb as for sauce. When tender strain through colander; then put liquid on fire, adding a little more water. When it boils thicken with corn starch; let cool, and add sugar and teaspoon vanilla. Pour in moulds and chill. Serve with cream for dessert.

Crystallized Fruit.—Small fruit and sections of large fruit are attractive when served with a frosting of sugar. Beat the white of an egg to a stiff froth; dip the fruit in so that it will be coated entirely with the egg; then roll in powdered sugar and lay on parchment paper to dry. Keep cool and serve while fresh.

Canadian Pudding.—To one-half cup of sugar add butter the size of an egg; one egg; one-half cup of sweet milk; one cup of flour, and one teaspoonful of baking-powder. Stir this well together. Place nuts or fruit in the bottom of mould; pour the batter over it and steam for one-half an hour.

Escalloped Fish and Potato.—Butter baking dish, scatter over bottom moist bread crumbs to depth of an inch; then place an equal quantity of cold fish, a few slices of cold boiled potato, and a finely chopped onion. Salt and pepper to taste. Use another cup of the bread crumbs on top. Pour one-half cup of sweet milk over all and bake thirty minutes under cover. Dot with bits of butter and brown the top.

Apple Butter Cooked in Oven.—Cook apples until tender, run through a colander, and sweeten to taste. Place them in any cooking vessel you use for that purpose, filling it quite full, and put in the oven. It will cook fast. You will not have to clean it off your stove and have your hands burned by its popping on them. This method is just as good for preserves. If you put them in crocks or granite basins you can leave it in the oven and let it cook when you have a fire for other things.

Supper Dish from Stale Bread.—To one cup of moist bread crumbs add the same quantity of cold boiled potatoes, cut in small dice. Season with salt, pepper and sage to taste. Have tablespoonful of dripping hot in heavy iron spider; turn into it the mixed bread and potatoes and toss about lightly with a fork until delicately browned and slightly adhering. Serve with cold meat for supper. On a cool evening this is appetizing and wholesome.

Brownie's Delight.—Use four layers of rich white cake. Make a boiled frosting. Add one grated coconut, and pulp of one orange, rubbed through a sieve. Spread this upon the first layer. For second layer: To frosting add one cup of hickory nuts or English walnuts; one cup of chopped raisins, and tablespoonful of chocolate, grated. For third layer use one cup of chopped citron. On top there should be a smooth frosting.

Cream Pie.—Heat enough milk to fill your pie tin. Before it boils, add the yolks of three eggs, three tablespoonfuls of water, and three tablespoonfuls of sugar, beaten together. Stir until smooth. Take from the fire and add butter the size of a walnut and vanilla to flavor. Bake crust and add this filling: Beat the whites of the eggs stiff and put in a little sugar and flavoring. Put this over the top of the pie; return to the oven a few minutes and brown. For chocolate pie use the same recipe, only add chocolate and more sugar, and leave out the flavoring.

TO LIGHTEN LITTLE BURDENS.

Umbrella Bags.—Make a long bag with a drawing in top to put away the parasols and umbrellas that would hang in closet exposed to the dust. Add a strong loop at one side to hang by. This is neat and convenient.

Mark Umbrellas.—Mark your umbrella with your full name and address. Borrowers will take no pleasure in its possession. Take artists' white tube paint and put it on blotting paper to remove the oil. Transfer it to a palette; thin a little with turpentine, and apply with a steel pen.

Shopper's Convenience.—A most convenient help to the busy housewife when shopping is a little notebook, in which are entered the sizes of shoes, hosiery,

underwear, collars, gloves, hats, etc., for each member of the family, also any special styles or brands, and the number of yards of various articles, in fact, many little helps toward shopping, thus avoiding many mistakes.

Help for Crowded Closet.—An inexpensive skirt hanger and one on which six skirts may be hung is a small board, half an inch thick, six inches wide, and a foot long. About an inch from each end drive six nails an inch apart. Fasten skirt as you would when wearing and hang by loops on nails. This not only saves room but prevents skirts from wrinkling at the top, as when loops are placed together and hung on the nail.

Tightening Window Shades.—Unwind the shade about half way or more. Then place the shade in the holder at the rough end. Wind the shade up; place the other end in place, and your shade is tightened. If too tight, remove the latter end and unroll a few times.

Building Hink.—In building to save space put your attic stairs in the ceiling of the upper hall, or any upper room; take some flooring or wainscoting long enough to reach from the ceiling to the floor and nail some steps on the upper side of this wainscoting. Finish the under side with hard oil finish. Operate with pulleys fastened to the rafters. A rope fastened at the lower end opens the door. Any child can open it.

Bed Springs that Won't Sag.—With a brace and bit bore holes around the frame of the woven wire spring and remove the slats and coils of wire beneath used to support the wire netting. Then take a cord the same as was used years ago to cord up the old style bed; use it in the same way, and you have a much better bed than a "cord bed" and the wire prevents the wear on the mattress.

Guard your Comb.—The safety of a costly comb may be assured by slipping a small rubber band up one of the teeth. Twist a stout hairpin in one end of the loop. The band is concealed when the comb is adjusted and the hairpin helps keep the comb in place as well as to render it unlikely that both comb and hairpin ever can slip from its place unnoticed by the wearer.

SUGGESTIONS FOR THE TOOTHLESS.

Chop sliced cucumber fine with chopping knife and bowl and season as usual.

Ratishes may be run twice through a meat chopper and will be relished. Lettuce should be laid smoothly leaf upon leaf; then rolled tightly, placed on a hard-wood slicing board, and shredded with a sharp, thin knife. Cut crosswise, until finely minced, and season to taste. Don't try chopping or grinding lettuce, for it bruises and withers it.

Boiled beets should be chopped fine. A little strong vinegar suffices to pickle. Green corn should be boiled on the ear. With a sharp knife slice off the tips of kernels and scrape with the back of the knife, leaving the husk of kernels on the ear.

When the rest of the dinner is on the table dip meat chopper into hot water so it will not cool the meat; grind a slice of cooked steak or roast and serve immediately.

NEW USE FOR POSTAGE STAMPS.

Turkish Government is to Build a Railway Through Their Sale.

The Turkish Government, in announcing the intended sale of seventeen million postage stamps to collectors, the proceeds to be devoted to building a railway between Damascus and Beirut, is merely following an old-established precedent.

Long ago Spain found the sale of surplus stamps so profitable that she changed her designs every few years, realizing enough upon one occasion to construct a cruiser and several torpedo boats.

St. Helena has up till now kept herself from bankruptcy after a similar fashion. Paraguay provided new uniforms for its by no means insignificant army, upon one occasion, and upon another it added over five million rounds of small-arm ammunition to its reserve. San Marino built itself a hall of justice in 1889, and Rumania a new prison in 1891, the cost in each instance being defrayed by what are known in philatelic circles as "commemorative issues."

The Begum of Bhopal appointed an official whose special duty it was to push the sale of local stamps among dealers and collectors, and invested the proceeds in pearls.

In French Guinea they have, within the last twenty years, sold to outsiders enough stamps, mostly surcharged varieties, to pay for the building of two hospitals, a fort, and a gaol. British Honduras cleared \$50,000 a year for many years in succession after a similar fashion, and invested it in attempting to improve the quality of the bananas grown there.

Friendship may have the true ring, but it isn't the kind of ring that is calculated to satisfy the girl who is in love.

SORE FEET

Sore, hot, aching or blistered feet are cooled and healed by Zam-Buk. Sore feet, poison, policeman's blisters, and all who stand and walk a lot should test its value! Zam-Buk also cures chafing sores, insect bites, sunburn, blisters, eczema, heat sores and all skin diseases and injuries. Gives ease in cases of piles. Has a box at all grocers, or Zam-Buk Co., Toronto.



THRILLING EXPERIENCES

SPLENDID FEATS OF HEROISM BY DEEP SEA DIVERS.

Diver Leverett Risked His Life to Save a Comrade—Octopus Attacked a Diver.

Not for the rich spoils of a wreck, however, did Diver Leverett, whose pluck has entitled him to a place amongst the world's heroes, risk his life in the English Channel recently. A comrade's life was in danger. While working in twenty-five fathoms of water the latter's air-pipe and breast-line became entangled. To stay at such a depth under water for more than half an hour was to court death. And yet Leverett, in his anxiety to release his comrade, went down and remained below for two hours, ultimately bringing his mate to the surface, but not until he himself was completely exhausted.

Unfortunately, as some readers may remember, the sequel to this splendid feat of heroism was a somewhat sad one; for Trappell, the rescued diver, who had been five and a half hours in the water, succumbed to the shock a day or two later. No better example, however, of the pluck and comradeship which exist between men engaged in this dangerous calling could be found than that furnished by Leverett's bravery.

To Captain Mattson, of the Swedish barque Flora, all credit is due for his ingenuity and courage. While in the Bay of Biscay the vessel sprang a leak, necessitating repairs from a leak. This the skipper successfully undertook, clothed in an improvised diving-suit, consisting of a large bag, 16 feet long and 2 feet in diameter, made of sail-cloth. This, which was kept in shape by metal rings and provided with arm-axes, sleeves, and a small window, was with its occupant lowered over the vessel's side.

THE GALLANT CAPTAIN

soon located the damage, and despite the proximity of a shark and the fact that he narrowly escaped drowning by the rush of water through a small hole, accomplished his hazardous task in workmanlike fashion.

The dramatic episode in Victor Hugo's romance, "The Toilers of the Sea," was re-enacted in real life when a diver named Palmer, in the employ of the Cape Town Harbor Board, descended to a depth of 35 feet to examine into the damage done by the Dunvegan Castle when she collided with the South Arm Pier. The water was clear, and the diver thought to proceed with his work under favorable conditions; when, suddenly, from behind a dislodged block of concrete shot a hideous tentacle that caught him by the leg. The next moment his arm was gripped, and an octopus, emerging from its lurking-place, flung its other feelers around its luckless victim, who, having no knife, was at the mercy of his pitiless assailant.

Fortunately, Palmer kept his presence of mind; he pulled the signal-cord, and his comrades above commenced to haul him up. Slowly he rose to the surface, whence he emerged with the sea-monster still enfolding him in its gruesome embrace. Relief, in the form of knife and axe, was promptly at hand, and the creature was cut and chopped from its prey. When subsequently measured it was found to be

NEARLY 12 FEET ACROSS.

An equally formidable foe is the shark, which is so much dreaded by divers in the southern seas that few will work save within the bars of an iron cage. Lambert, the diver, when engaged off the island of Diego Garcia upon a coal hulk that had been fouled by a steamer, disclaimed such protection, and might have fallen a victim to his temerity.

When first he descended he was approached by a large shark, curious to inspect the invader of his domains. By opening the escape-valve in his helmet, and allowing some air to rush out, Lambert scared the creature away. Next day, however, it returned, and despite temporary repulses by the diver executing the same manoeuvre with his helmet, continued its visits with such regularity that Lambert resolved to have recourse to more drastic measures.

On the occasion, therefore, of the creature's next visit, he signalled for a sheath-knife and a looped rope. Using his bare hand as a bait, he made the shark turn on its back, when he attacked it with his knife, inflicting several severe wounds. Then, passing the nose of his rope over the fish's body, he signalled for it to be hauled up. As a trophy of his prowess Lambert brought home the shark's backbone.

A LONG-LOST DAGGER.

A diver named Bardi missed a valuable

able dagger which had been given to him, and was, therefore, highly prized. Some years later, when his loss was well-nigh forgotten, he was at work off the Italian coast on a sunken vessel. His labor was gruesome in the extreme, for the bodies of those who had been drowned remained below. In the cabin he came upon two corpses locked in an embrace of direst hate. One was that of his brother—of whom he had heard nothing for many years—the other that of a woman, in whose breast was buried the blade of his long-lost dagger, whereof the hilt was hidden in her murderer's rigid grasp.

On September 22nd, 1842, two divers, named Jones and Girvan, between whom there had been some ill-feeling, were at work together on the wreck of the Royal George, which foundered off Portsmouth in 1782, when Girvan, who was a very powerful man, made a sudden attack upon his mate. The latter endeavored to escape, but the other, seizing him by the leg, frustrated the attempt.

Desperately did Jones struggle, and at last, with a frantic kick, broke the lens of Girvan's helmet. Through the crack rushed the water, and Girvan, now himself in sore straits, pulled the signal cord. His call was promptly answered, but only just in time, for he was at death's door when hauled up. Three days, however, in Haslar Hospital completely restored him, and the two submarine duellists subsequently worked together in the greatest harmony.—London Tit-Bits.

A PRINCESS OF MYTHS.

Supposed to Have Saved the Life of Captain John Smith.

Princess Pocahontas, the Red Indian girl whose skeleton was supposed to have been unearthed the other day at Gravesend, England, recently, might well be christened the Princess of Myths. For of all the many romantic stories that have gathered, in the course of 400 years, about her name, scarce one has any foundation in fact.

She was not even a princess. Her father, Powhatan, was merely a sub-chief of a small and roving band of savages.

The most romantic reported episode in her career was when she was supposed to have saved from death at the stake the famous Captain John Smith, by interposing her own body between that of the white captive and his would-be executioners. But this story was invented by Smith after the appearance of Pocahontas in England.

Neither is it true that she offered her hand to Smith in marriage. She was, in fact, already married to the chief of a neighboring tribe, from whom she was treacherously stolen by a certain Samuel Argall. As a ransom, seven white captives, with some muskets, axes, and other goods, were sent into the English camp, according to agreement.

Argall kept both the ransom and the girl, and presently, growing tired of her, gave her to one John Rolfe, who had her baptized in the name of Rebecca, afterwards going through a form of marriage with her. Rolfe took her to England in 1616, but she only lived until the year following, dying of consumption at Gravesend on board the vessel that was to have conveyed her to her native land.

In London she was known as the beautiful savage. But La Belle Sauvage Yard, off Ludgate Hill, was not called after her, despite all assertions to the contrary. Neither was she in reality beautiful, but a very ordinary-looking girl indeed.

SAVES LITTLE LIVES.

Most liquid medicines advertised to cure stomach and bowel troubles and summer complaints contain opiates and are dangerous. When the mother gives Baby's Own Tablets to her little one she has the guarantee of a government analyst that this medicine does not contain one particle of opiate or narcotic. Therefore, she can feel that her little one can equal Baby's Own Tablets in preventing summer complaints or curing them if they come on suddenly. Keep a box of Tablets always at hand—they may save your child's life. Mrs. C. E. Hancock, Raymond, Alta., says: "I have used Baby's Own Tablets for summer complaints, constipation and sleeplessness, and always with the best results." Sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

YOUR ENORMOUS STRENGTH.

Even those of us who take no interest whatever in physical culture have one set of muscles developed to a remarkable degree. We have been training them unconsciously from our earliest years, till now they can exert a pressure of no less than 300 pounds. Dr. Joseph Head has been making some interesting experiments, and has discovered that to bite a piece of boiled beef we exert a pressure of three pounds. Roast lamb needs four pounds, corned beef twenty, pork twenty-five, and roast beef as much as forty. You can make the experiment very easily for yourself. Take a crust of dry bread, lay it on a table, and place weights upon it till it is crushed. You will find that the weight necessary is about fifteen pounds. Can it be wondered at that we sometimes chip or break a tooth—especially when we substitute for the comparatively soft things mentioned such a hard substance as brittle coffee.

A chick head generates a multitude of thin ideas.

ALL HAIL PE-RU-NA.

A Case of STOMACH CATARRH.



Miss Mary O'Brien, 306 Myrtle Ave., Brooklyn, N. Y., writes: "Peruna cured me in five weeks of catarrh of the stomach, after suffering for four years and doctoring without effect. In common with other grateful ones who have been benefited by your discovery, I say, All hail Peruna."

Mr. H. J. Henneman, Oakland, Neb., writes: "I waited before writing to you about my sickness, catarrh of the stomach, which I had over a year ago. There were people who told me it would not stay cured, but I am sure that I am cured, for I do not feel any more ill effects, have good appetite and am getting fat. So I say, and will say to all, I am cured for good. I thank you for your kindness. Peruna will be our house medicine hereafter."

Catarrh of the stomach is also known in common parlance as dyspepsia, gastritis and indigestion. No medicine will be of any permanent benefit except it removes the catarrhal condition.

Gained Strength and Flesh. Miss Julia Butler, R. R. 4, Appleton, Wis., writes she had catarrh of the stomach, causing loss of sleep and appetite, with frequent severe pains after eating. She took Peruna, her appetite returned, she gained strength, flesh and perfect health.

"BRITANNIA RULES THE WAVES."

(By A. Banker.)

At any rate that is the assurance of the popular song; though, as a matter of fact, the tossing, inconsistent waves altogether repudiate any allegiance whatever to her rule. And yet the mighty British Fleet, which under Providence is the defender of our homes against the jealous foreigner, who would fly at our throat if he dare, is a spectacle of stately and imposing masterdom; especially when, as at the great review recently held, a large number of battleships, cruisers, and other craft are assembled together.

Embarking upon the barge of one of the battleships, a large open boat towed by a small stem picket-boat, the visitors invited to witness the review soon have an opportunity of experiencing how futile is the claim of Britannia to rule the waves. For in a very short time the heavy barge is pitching and tossing in a manner which, to those not accustomed to the vagaries of the deep, is distinctly disquieting; especially as, from time to time, a great wave breaks over the bows of the boat, drenching everyone, from stem to stern.

And so it goes on for nearly half an hour, some few of the guests gradually becoming paler and greener, until at length the battleship is reached, and, with some difficulty, the visitors board her. And what a spectacle of massive, stupendous power; and what an amazing and altogether bewildering multiplicity of means of defence does she present. Gigantic cannon, one well-aimed shot sufficient to disable an enemy's vessel miles away, deadly, lethal torpedoes, which, stealthily and rapidly pursuing their unseen course beneath the surface, strike the foe, and in a moment a fine battleship is shattered, and plunges headlong into the deep; innumerable smaller guns, and other weapons of offence; together with most marvellous and complex electrical and other appliances of all kinds for directing and firing the guns and torpedoes from distant parts of the ship.

And now suddenly the cannon roar along the entire line in salute to the King-Emperor of the great British Empire, who in his fine yacht steams slowly between the lines of nearly two hundred battleships, cruisers, gunboats, destroyers, submarines, and other war vessels, manned by five and thirty thousand of Britain's sons; while as each vessel is passed a roar of lusty cheering salutes King Edward.

But the Empire should beware lest,— If drunk with sight of power we loose Wild tongues that have not Thee in awe.

Rather let us as a nation humiliate ourselves before the God of our fathers, Beneath whose awful Hand we hold Dominion over palm and pine.

But if we forget Him; if we refuse to serve and obey His Son who on the agonizing cross made expiation for our sins; then—

Lo, all our pomp of yesterday Is one with Nineveh and Tyre.



That hacking cough continues Because your system is exhausted and your powers of resistance weakened.

Take Scott's Emulsion.

It builds up and strengthens your entire system.

It contains Cod Liver Oil and Hypophosphites so prepared that it is easy to take and easy to digest.

ALL DRUGGISTS: 50c. AND \$1.00