ber, 1904.

plained. s fallen

to the

hey go are not to be nstitute en they agents as they by when

and is

ites. It is four medies,

during

ent the

amount

t; or, if

f drugs, ut after

ing for all; for

blished

build-ose, be-

m care-

ninemanent, of the

s hard ports of

be had highly

auth

oholism,

victims y many

what is

clergy-

lly who

#### The Little Feller's Stockin' Oh, it's Christmas E., and moonlight, and the Christmas air is chill,

And the frosty Christmas holly shines and sparkles on the hill, And the Christmas sleigh-bells jingle and the

Christmas laughter rings, As the last stray shoppers hurry, takin' home the Christmas things;

And up yonder in the attic there's a little

Where there's Christmas dreams a-dancin' through a sleepy, curly head;
And it's "Merry Christmas," Mary, once

agin fer me and you,
With the little feller's stockin' hangin' up

'Tisn't silk, that little stockin', and it isn't

much fer show,

And the darns are pretty plenty 'round about the heel and toe,

And the color's kind er faded, and it's sort

er worn and old, But it really is surprisin' what a lot of love

And the little hand that hung it by the chim-

ney there along.

Has a grip upon our heartstrings that is mighty firm and strong;

So old Santy won't fergit it, though it isn t fine and new-That plain little worsted stockin' hangin' up

And the crops may fail, and leave us with our plans all knocked ter smash,
And the mortgage may hang heavy, and the

bills use up the cash,
But whenever comes the season, just so

long's we've got a dime,
There'll be somethin, in that stockin'—won't there, Mary?— every time.

And if in amongst our sunshine there's a shower or two of rain,
Why, we'll face it bravely smiling, and we'll

try not ter complain, Long as Christmas comes and finds us here together, me and you,

With the little feller's stockin' hangin' up

-Joe Lincoln.

## 108080

## Recipes.

If when making a beef-steak pie you get the meat the night before wanted and sprinkle it with salt and vinegar, the meat will be more tender and a much nicer flavor.

When tea has been put into the teapot, it should at once be filled up with boiling water. It is a great mistake to put only a little drop of water on the leaves first, filling the pot after-

Always keep cheese well covered in a cheese dish, or it will become dry and tasteless. If the cheese is wrapped in a cloth moistened with vinegar it will keep beautifully moist, and retain its flavor longer.

Ink spots on mahogany may be removed by touching with a feather dipped in oil of vitrol diluted with twice its quantity of water. The spot should be well and quickly

For a sprain nothing will give relief more quickly than cold salt water; swellings may often be reduced quickly by frequent bathing of the part affected in strong brine, and, taken moderately, it is an antidote for alcoholic poison. It is an excellent hair tonic.

To keep bread and butter fresh and moist when cut, put in a cool place, cover closely with a serviette or clean cloth that has been wrung out of cold water, and many hours after it will be as moist as when first cut. It is very convenient to prepare the bread and butter for the afternoon tea in this way.

Take cold chicken, cut in small pieces, using the thickened gravy for wetting, pouring it while hot over a beaten egg; put a thick layer of crumbs in a buttered pan, then one of chicken and gravy, alternating till all are used, having the last layer of crumbs; bake, covered for half an hour, then uncover and brown.

Tainted meat is sometimes cooked by ignorant cooks who do not know how to treat it to make it perfectly nice. First scrape the affected parts with a knife, and cut off what is absolutely necessary. Then dip a cloth in vinegar, and with it wipe over the meat previous to cooking. Meat that is at all doubtful, which is to be boiled. should be put into cold water and brought to the boil. Throw away the water, and add fresh hot water to cook the joint in.

Beat together two eggs, add one cupful of milk, one-half of a teaspoonful of salt, one tablespoonful of sugar, two tablespoonfuls of melted butter, two and one-half cupfuls of flour, one heaping teaspoonful of baking powder and one cupful of cranberries. coarsely chopped; steam for two hours and serve with a sweet sauce.

Boil two cupfuls of sugar with onethird cupful of water until the syrup threads when dropped from the tip of the spoon; pour gradually onto the whites of two eggs, beaten until very foamy, but not dry; to one-third the mixture add half a cupful of selected prunes, stoned and cut in pieces, and one-third cupful of almonds, blanched and chopped; beat until cool enough to hold its shape, then use as filling; use the rest of the mixture as a frosting.

Take a nice fine-grained pumpkin and stew down until all the water evaporates (stirring often to prevent burning); this takes several hours and should be a rich brown color when done; strain through a colander; take one pint of the strained pumpkin, twothirds cupful sugar, two tablespoonfuls of baking molasses, two eggs, well beaten, one heaping teaspoonful ging-er, one pint of rich milk, pinch salt. These ingredients well mixed will make one nice, thick pie, baked with one (under) crust.

To one cupful of warm wheat mush add one-fourth cupful of brown sugar, half a teaspoonful of salt, one tablespoonful of butter, and one-fourth cake of compressed yeast, dissolved in one-fourth cupful of lukewarm water, then add one cupful of walnut meats cut into small pieces, three-fourths cupful of dates cut in pieces, and enough flour to make a dough that may be kneaded; when well kneaded, cover and let rise over night; in the morning, again knead, shape into loaves, and when again nearly doubled in bulk, bake in a moderate oven.

#### -08080 Dining-Room Comfort.

The essentials of a dining-room are not what some people consider them. Some rooms there are dedicated to eating wherein the sun is allowed to shine full into the faces of those occupying certain seats at the table, while at least one is placed with the back of his chair in direct contact with a hot radiator. There may be fine silver and china, but the table is spread with a thin cloth only. Sewing-tables obstruct the corners while all the plants under process of cultivation, and not "pretty enough for the parlor," are shelved before the windows.

Nothing in the least unpleasant should be allowed in the dining-rom of all apartments. The table should have a heavy silence cloth, with flowers, cut ones if possible, or those growing so luxuriantly that there is no suggestion of "dirt and sticks" about them. The windows should be shaded, and a screen may be used to shut off the extremes of heat from any one person. Remove all furniture except the sideboard, table and chairs, and don't as you value peace of mind, put pictures of dead pheasants on the walls.

A very remarkable tree grows in Nevada. It is called by the superstitious Indians the witch tree. It grows to a height of six or seven feet, and its trunk at the base is about three times the size of an ordinary man's wrist. The wonderful characteristic of the tree is its luminosity, which is so great that on the darkest night it can be seen plainly at least a mile away. A person standing near could read the finest print by its light.

#### -08080

#### La Grippe Coming Again

The doctors believe another epidemic of Grippe is here, and already many are suffering. The medical men are not afraid of Grippe since Catarrhozone was introduced, and claim that no one will ever catch this disease who inhales the fragrant healing vapor of Catarrhozone a few times daily, Catarrhozone kills the Grippe germ and prevents it spreading through the system. "Last winter I had an attack of Grippe," writes C. P. Mackinnon of St. John's. "I bought Catarrhozone and got relief in short time. I found Catarrhozone better than anything else and was cured by using it." Catarrhozone prevents and cures Grippe, colds and catarrh. Two months' treatment \$1.00; trial size 25c.

# FREE ADVICE ON CATARRI



Read these questions carefully, answer them yes or no, and send them with the Free Medical Advice Coupon. Dr. Sproule will study them thoroughly and write you in regard to your case, without its costing

Is your breat raw?

Do you sneeze often?

Is your breath foul?

Are your eyes watery?

Do you take cold easily?

Is your nose stopped up?

Does your nose feel full?

Do you have to spit often?

Do crusts form in your nose?

Are you worse in damp weather?

Do you blow your nose a good deal?

Are you losing your sense of smell?

Does your mouth taste bad mornings?

Do you have a dull feeling in your head?

Do you have a dull feeling in your head?

Do you have an unpleasant discharge from the nose?

Answer the questions I've made out for you, write your name and address plainly on the dotted lines in the Free Medical Advice Coupon, cut them both out and mail them to me as soon as possible. Twill cost you nothing and will give you the most valuable information.

Address Catarrh Specialist SPROULE, 97 Trade Building, Boston. Don't lose any time!

## LET ME TELL YOU JUST HOW TO CURE CATARRH

Let me show you what I'll de for you entirely without charge. Thousands have accepted this offer—to-day they are free from Catarrh. You've nothing to less and everything to gain. Just for the asking you'll receive the benefit of my interest years of experience—my important new discoveries—my vast knowledge of the disease.

### Cooking with Sun Rays.

The various experiments made with solar engines by the French in Algeria, where the sun is never overclouded and shines with great power, have been attended in some instances with the rays concentrated by the mirrors marked success. The best apparatus upon the boiler. In this contrivance is stated to be a simple arrangement any sort of food may be quickly cookof boiler and concave mirror, the steam generated being condensed in a the steam is retained, or if allowed to coil tube surrounded by water, this be- escape it is a bake. The heat with ing intended merely for distilling this device may be augmented indefiwater. But in India an inventor has nitely by increasing the diameter of contrived some machines with which the box.

more varied results are accomplished. One of these is what is termed a cooking box made of wood and lined with reflecting mirrors, at the bottom of the box being a small copper boiler covered with glass to retain the heat of



#### OVER 44 INCHES IN LENGTH

5 inches wide, Free to anyone for selling only 20 of our asserted Fancy Jewellery Noveltie. at 10 cents each. Our goods are easy to sell Each customer is entitled to a handsome extra present. If you want this beautiful Fur Scarf send your name and address. We trust you and send the 20 Jewe lery Novelties to you, postage paid. When sold return us the mener, \$2.00, and we will premptly send you the beautiful Ecapf. This is a grand opportunity to get a handsome Fur Scarl FREE. Den't delay. If you answer promptly and sell the goods and return the money quickly, we give you an eppertunity to secure as an extra present a Handsome Fur Muff or "Geld" Watch Free without selling any more goods. Address, MUTUAL CREDIT CO., Dept. 112, Celberne St., Terouto, Ont.