DRIED FIGS.

Stewed dried figs are excellent and make a rich sweet table sauce. Wash the figs and cut in small pieces and allow to stand covered with water for eight to ten hours. Place over the fire and simmer until tender. If, for variety either mild or strong acid is wanted it may be imparted by adding more or less pure lemon juice to the water in which they are cooked To avoid a bitter flavor use no other part of the lemon. Poor figs, if not yolk of an egg, with half teaspoon spoiled, are improved by cooking. Steaming modifies slight imperfecnons, and converts them into a good table sauce. In all cases the fig should be left in its natural state, no form of sweetening being required for they need acid, rather than su-

two lbs figs into small pieces, after teaspoon cloves and nutmeg, raisins soaking them for ten or twelve hours and currents, if you wish. in one quart water. Chop one lb suct good recipe for winter, when eggs are very fine and add half lb fine brend scarce. Make as stiff as can be stirred crumbs. Mix these with the figs, and conveniently. add half lb flour and two eggs, which should be well beaten. Mix the whole which the figs were soaked, and if indian Popul tion in Canada among the into a stiff paste with the water in not sufficient to moisten well, some milk will have to be used. Butter a mold, press the pudding into it, tie it down with a floured cloth, and boil for three hours. Turnonto a dish and serve with a sweet sauce.

Plain Batter Pudding Sauce .- Chop one lb dried figs and stew until soft in one quart water. Strain through a sieve, return to the saucepan, add one ounce butter, the juice of one lemon, and, if desired, a very little sugar. Serve hot or cold.

Fig Pie,-Boil one pound figs in as little water as possible until tender, Add two tablespoons honey, a small piece of butter, and a little grated nutmeg. Bake with two crusts. This population in 1899 being 98,981 and in quantity makes two pies,

sufficient water to cover them. Take Prince Edward Island, 308; British one pint sour cream, a piece of butter Columbia, 24,523; Manitoba, 6,754; salt and flour to make a stiff adugh. side treaty, 11566.
Rub the salt and butter into the flour. The Deputy Superintendent Genhot with cream.

WARMBREAD FOR BREAKFAST. statement that scrofula and

Peel and boil in one quart water flour, beat well, adding one tablespoon That the deaths from these cause thoroughly. Cover the vessel closely some ten years ago. and place in a warm place to rise. The aggregate of the Indians earn-This batter is usually prepared at ings throughout the Dominion for the noon and by evening it will be light year was, \$3,212,010, an increase of and foamy.

In the evening sift about eight lbs the same sources the year before. bread pan, add the the bread pan.

have risen very light. Reserve one- partment's policy has been to supthird of the dough, for purposes given press the worst features and wait below, and knead out lightly, out and for time and other influences to do form the remainder into loaves, Place therest.

these to rise, and when double their The amount at the credit of the Insize, bake. Now, for breakfast take a piece of dough as large as required, \$3.893,622, as compared with \$3,785, flour the molding board and roll the 616 at the end of the preceding year, dough out very thin. Have ready a The receipts during the year, includkettle half full of very hot lard, Cut ing interest and legislative grants, the dough into small oblongs, about amounted in the aggregate to \$379,two by four inches, and drop into the 697.36, and disbursements to \$271,puff out and become brown on one the "Indian savings" account has in side. Then turn and brown on the are light and very delicious for break- from consolidated fund was \$1,093. The young folks eat these "com- 429.01. fits" hot and crisp, with butter or maple syrup, while grandma prefers a little ham gravy with hers.

GOOD PIES AND CAKES.

Mock Lemon Pie -- On e-half cup sugar, yolks of two eggs, half cup sweet milk, and half cup water. Beat the Depend on no man, on no friend but eggs, add the rest, beat all together him who can depend on himself. whites of the eggs to a stiff froth, Lavater.

the pie, return to the oven and brown. This makes a small pie.

Squash Pie. Boil the squash until vell done. Add a little salt and press hrough a coarse sieve. Then to every teacup squash, add one egg, half cup sugar, one teaspoon flour, and nutmeg to season. Line a deep pie plate with paste, thin the squash with milk and fill the plate. Sweet cream or a small piece of butter adds to the flavour of the pie.

Black Hills Cake -One out sugar

alf cup butter, two eggs, two-thirds cup sweet milk, two cups sifted flour, and half teaspoon soda. Reserve bout half teacup cake dough, and into put one tables poon molasses, and the each of allspice, cloves and cinna mon. When ready to bake, spread the dark dough on the top. Put extract of lenon in the light part. Bake in a deep ake tin in a moderately hot oven. Spice Cake. One cup each of moasses, sugar and sour milk, one scant cup lard or butter, one teaspoon each Delicious Dried Fig Pudding .-- Cut of soda, cinnamon and allspice, This is a

LO IS HOLDING HISOWN.

A report of the Department of Indian Affairs says that in the year 1900 there were 2,333 births, in the treaty districts and 2,557 deaths showing a net loss of 224 in the ladian population. British Columbia headed the list of provinces, with 779 births and 921 deaths. The Northvest Territories report 507 births and 687 deaths. In Ontario there were 456 births and 513 deaths. Quebec. Nova Scotia and New Brunswick show gain of 27, 12 and 23 respectively. In Manitoba the births and death both numbered 234.

The Indian population of Canada is 1900, 99,010. Following is the Indian Fig Cobbler.-Wash one pound figs population according to provinces; warm water and soak in cold water Ontario, 20,703; Quebec, 10,785; Nova for ten or twelve hours, using only Scotia, 2,018; New Brunswick, 1,639; about the size of a hen's egg, a little North-west Territories, 17,714; Out-

add to the cream half teaspoon bak- eral says that the comparat vely exing soda, and stir to the flour. Roll out gessive mortality, all the more rethin, and line a dish with it, Pour in markable in view of the other wise the figs, with the water they were generally prosperous condition of soaked in, and place over all a layer the indians, is attributable to an unof dough, with a slit cut in the mid-usual number of fatalities among dle to let the steam out. Bake in a the adults, resulting, directly or inbriskoven for one he ur, watching very directly, from consumption, and carefully so it does not burn. Serve among children from measles and whooping cough. It has been neces sary year after year to reiterate the

PULMONARY DISEASES,

three large potatoes. When well cook- more particularly phthisis, with its ed, mash in the water they were boil- correlative hemorrhage, have been ed in and strain over one quart sifted the scourge of the Indian population. each of sait and sugar. Soak prev- during the past year have been ever lously in a cup of warm water a cake more numerous than usual results of dry yeast, until the yeast is com- from the supervening effects upon pletely dissolved. When the flour and impaired constitutions of the grip potatoes are lukewarm add the dis- which has been so prevalent on the solved yeast, beating the mixture reserves since it made its appearance

\$103,356 over the income derived from

foamy mixture and about two quarts ports that immorality exists among lukewarm water or milk. Stir it to- a majority of the Indians, paganism gether and knead the dough until a going hand in hand with gross vice smooth, shining dough is for med, add- even though they have reached the ing more flour as necessary until the stage of being ashamed of flagrant dough is smooth and glossy, and will immoral practices and successfully not stick to the hands, when cover conceal them. The lamity or the mait closely with a warm cloth, and allow it to rise over night. In cold dance, the tamanawas and the potweather, an old, clean blanket, kept lach festivals help to keep alive habits for this purpose only, is wrapped about and practices which are most objectionable, but as they have their re-In the morning the dough should ligious and economic features the de-

dian trust fund on June 30th last was boiling lard. They will immediately 691.06. The balance at the credit of creased from \$14,656.48 to \$16,408,55 other side. They cook very quickly, and during the year. The expenditure

LOTS OF TIME.

Jack Newlywed-Time you were getting married, old man. Billy Bachelor-O, I don't know; the century is young yet

and place in a crust the same as for only who acts conscientiously towards custard pie. When done, beat the himself, will act so towards others .-

addone tab spoon sugar, and one teapoon extract of leaon, spread over grace is to beauty.—Degerando.

THEFT OF A GREAT RIVER

w the banube la Robbed Through Diversion of Its Tributaries. Geologists have long known that one stream may appropriate the waters of mother by gradually encroaching upon ts watershed and diverting its tributarie appropriate the waters o its watershed and diverting its iributaries one by one. This kind of theft is at least frank and open. It takes place on the surface, and every one, at least every geologist, can see what is going on. The river Danuhe, according to expert anthority, is suffering from a more insidious form of bubber, by which the R bine form of bubber, by which the R bine form of robbery, by which the Rhine profits, part of the bandle's water being drawn off underground into the Rhine valley. And this may be of great im purtance to future dwellers of the Danube, for if it is not stopped it may end by causing the river below the point of absorbtion to beguing personnelly drawns. orption to become permanentarys M. E. A. Mattel, writing ubject in La Geographic (Paris

tention to the subterranean drainage part of the waters of the Danube ground—a phenomenon observed as ago as 1719 by F. W. Breuinger. writer suggested that the water that drawn off reappeared in the springs of Anch, a little town near lake Constant 4 0 and his hypothesis was verified by Knop in 1877 by the use of fluore

Still more recently, the writer tells us other instances of subterranean "capture" have been noted by which part the waters of one river are diverted in the drainage basin of another. Now it remarked by Professor Penck that unless this loss of Danube water is stopped Some waty it will go on increasing grally until it will take the whole of drought. Then the gradual deepening of the Danube valley will end at the point of absorption. Below Monringeri will extend a dry valley, while above a "blind valley" will be drained by a subterranean river. This is not a flight of the imagination, for the same thing has happened to the river Foibi in Istria and the Receaught Triest. The author, the therethere near Triest. The author desthat head and other cases, notably in Dalmatia, show what threatens the Daube valley unless man intervenes. The length of time that clapses before the reappearance of the water at Aach 60 hours shows that it must make a long eigenic or that it can it must make a long circuit or that it en counters great obstacles underground. It is noted by M. Martel that Professor Penck's book goes far to confirm a theory advanced by himself that subterranean circulation of water is gradually taking the place of surface drainage in lime-

tion meetins tew pertest agin the smoke nuisance!"

Sahara is the greatest desert. It is 2,000 miles from east to west and 900 from north to south.

Quite a number of musicians can put on sirs than they can play.

WHY HER GUEST DIDN'T COMF. little Notice on the Letter Bot a

The woman who keeps house in a flat and company to dinner the other night. She is a young housekeeper, and she is without the aid of the much discussed yet nevertheless useful maid of all work. But that doesn't make any difference. She has a theory about making her home

the state of the control of the cont

and has come and the festival of the stree spirits, or in other localities the festival of the tree spirits, or in other localities the festival of the torest dragon. It is an occaming a few dragon in the substitution of much merriment, and one of the accompanying formalities is the renewal of the "ghost papers."

The world is probably a little larger than you think it is, and you are probably a little smaller than you think you of the washing it in bot scapsude to which are. Chicago News.

If you want to live long, do your best cohol, rub the articles dry, then drop is and let others do the worrying.—Sature about of jewelers' sawdust. This method leaves neither marks nor scratches

HERE'S AN EXPERT CASTER.

Manon a Fishing Boat Who Knowe

How to Handle a Sinker.
"The expert fly caster," said a city angler, "certaily does beautiful work, but I once saw an exhibition of lead casting that pleased me as much as the very finest casting of the fly. This was partly due, no doubt, to the fact that I was personally interested in the result, but without regard to that it was, all the same, very slick ingeling with a sinker.

HE LOST HIS TEMPER.

With the Result That He Found Jus

The fur salesman was holding up on his

arm a very handsome specimen of what appeared to be a Russian sable, says the Washington Star.

"You wouldn't think," he said, "that that color was indirectly due to a loss of temper, would you?"

"I didn't know that the Russian sable had a bad temper," responded the customer.

sichout the said of the Sauch Aissensed, when the Sauch and the Sauch an A Peculiar Trait of the Natives of "It is an unshaken article of belief with ity of purchasers, because styles."

WOA

Mrs. M. E. ilton, Or

DR.ARC

Why women health than n never been s ought women portion of the need suffer the as "Female many thousan more than she There is a n easss, a safe,

means of curi nold's Toxin Read the fo how these wor "I am 46 ye always had go ago. Then th grand-mother, died during th

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