

MENU OF THE TURKS

DISHES THAT COULD BE ADOPTED
BY AMERICAN HOUSEWIVES.

**Fishes That Are at Once Appetizing,
Nutritious and Inexpensive—Popu-
larity of Vegetables and Sweets.
The National Dish.**

Some of the dishes found on Turkish tables might well be adopted by the American housewife, being appetizing and inexpensive and easily prepared from articles that are to be found here in great abundance.

Turks do not care for salads, but prefer meat, fish, vegetables and sweet dishes. The Bosphorus furnishes a great variety of excellent fish, among them the red mullet, oysters and mussels, but the Turks have no idea of the choice of cuts and simply ask for so many okas, caring nothing so that they get meaty pieces with few bones. Corned beef, roast beef, steak—these are unknown. Mutton, beef, a little veal, fowls and game are eaten. Pork is "the unutterable flesh."

Breakfast with the Turks of all classes consists of a cup of coffee and bread. A piece of cheese rolled into the fat pancake is eaten by the laborers. This is sometimes exchanged for cakes that are much like pretzels, only larger and not so hard. In the fruit season different kinds of fruit are added. Black bread made of unboiled rye flour is sold everywhere and when fresh is delicious. With a few grapes, a piece of the native cheese and a cup of coffee the richest man is satisfied.

With all fish, lobsters and many meats a sort of salad dressing is served made of garlic, oil, breadcrumbs and vinegar, all bruised to a cream, with capers or cucumber. Mussels are much larger than in this country. They are washed, steamed until they open, then filled with rice, chopped onion and pepper and butter, packed closely in a vessel and baked an hour.

Turks make few soups, as they prefer solid food, but sardines, anchovies and salted olives or pistachio nuts are eaten before meals as appetizers. Of vegetables, which enter largely into their diet, the favorite is the tomato, and scarcely any dish is considered complete without it, though they never eat this vegetable raw. To preserve tomatoes for winter use they boil them until the skins are loose, then pass them through colanders, after which they throw salt into the pulp. This causes it to settle, and the water is poured off while the residue is put into thin bags and hung in the shade. The next day it is spread on flat surfaces to dry. Later it is cut into squares and laid in covered jars. This process retains the taste and qualities of the tomato better than canning, and a little water makes the pulp moist again.

Potatoes, a taste for which is an acquired one with the Turk, are first boiled, mashed with eggs and a little flour, then made into cakes and fried. Beans and lima beans are boiled with tomatoes and butter and sometimes onions. Squash is sliced and fried or stuffed with mince meat, onions and boiled rice, and then baked. Large cucumbers are also stuffed with minced meats and baked or eaten raw with salt. One good stew is made of mutton and green peas. Another has all sorts of vegetables, like an Irish stew.

Eggplant is cooked in many ways, some of them palatable and good. One recipe is called *inambalide*, which means that the man for whom the dish first was made fainted with delight at its excellence. To make it, cut in the sides of the eggplant and insert a forcement of onion and minced chicken in the cavities. The strips of cloth around and fry thoroughly in boiling fat. Another way is to substitute eggplant for potato in a stew. Tomatoes should also be added.

Moussaka, another and better form, calls for one large eggplant, sliced rather thick, without peeling. Have a quart of tomatoes freshly peeled or canned and one pound of minced beef. Fry the beef until it separates, set aside while the eggplant is being fried, then put alternate layers of meat, eggplant and tomatoes in a deep dish; season and bake in a slow oven one hour.

Another delicious dish results from placing sliced onions, tomatoes and sardines bread or soda biscuit in layers, with a generous piece of butter, in a covered dish. Bake slowly four hours. Pilaf, the national dish of Turkey, is served invariably at every dinner. Rice always forms the foundation, and the most popular variety is that where nothing but butter, tomatoes and rice is used. Take three-quarters of a pound of Carolina or Egyptian rice, wash until perfectly clean and while still wet place in a pan with one-quarter of a pound of butter. Stir over the fire until the rice has absorbed the butter and become a light golden color. Add the rice to three parts of strained tomato juice, boil the whole up once, then draw aside to cook, without stirring, for twenty-five minutes. When done, melt another quarter of a pound of butter, and when the pilaf is dished up pour it over the top. Each kernel should be separate. The color will be a rich light brown.

Yalanje-dolina is a popular dish with foreigners as well as Turks. Scald some fresh green grape leaves. Take a half pound of rice and fry in butter as for pilaf. Mince some onion and parsley very fine and add them to the rice with salt and pepper. Stuff each leaf with the mixture, fastening the little bundles with cloves. Lay them in a kettle, the opening downward, keep them in place and just enough water to keep them from burning. Simmer for three-quarters of an hour.—New York Tribune.

Pains In The Small Of The Back.

Bad Digestion and Racking Head-
aches—Cure was Brought About
by

Dr. Chase's Kidney-Liver Pills

"Pains in the small of the back" is the way hosts of people describe their sufferings, not knowing that the pains are in reality in the kidneys. Pains in the back, weak back, lame back, backache—these are the first indications of kidney trouble. They are the warning which nature gives you. If you heed at once you can be cured. Neglect will soon put you at the mercy of the most painful and fatal of diseases.

Women as well as men have kidney disease, and may well feel anxious when the kidney pains make themselves felt in the small of the back.

Because Dr. Chase's Kidney-Liver Pills give you prompt relief from backache it is well worth your while to take them. But they do more than this. They regulate and invigorate the action of the kidneys, and insure a return to health of these important organs.

Mr. W. Gilroy, general merchant, Blenheim, Ont., states:—"I am rather enthusiastic in praise of Dr. Chase's Kidney-Liver Pills, and I believe I have good reason to be. For several years I was a great sufferer from kidney disease, and had pains in my back almost constantly. I tried a great many remedies, but did not succeed in obtaining more than slight temporary relief.

"A friend of mine advised me to try Dr. Chase's Kidney-Liver Pills, and I did so, with great satisfaction. I had not taken half a box before I began to feel better, and now realize that I have entirely recovered. I often wonder now why people go after new-fangled remedies when this tried and proven medicine is so easily obtained, and so certain to cure."

Dr. Chase's Kidney-Liver Pills, 25 cents a box, at all dealers, or Edman-son, Bates & Co., Toronto.

Making It Plain.

A writer in the *Lancet*, says the Chicago Record-Herald, generously sets himself the task of giving out valuable information as to the amount of food one should eat. He proceeds to make the matter plain to the masses by saying:

"If you desire to know how much you ought to eat per diem, you must first determine whether you are temperamentally anabolic or katabolic. Then, taking into account your age, sex, size, the amount of exercise you get and the temperature of the atmosphere, you should calculate the amount of food necessary to maintain the minimum weight of the body consistent with the best health of which you are capable."

Hereafter there should be no excuse whatever for overeating or under-eating.

Helping the Heathen.

Aunt (severely)—How dare you take the money from your missionary box? Willie—Didn't you say I was a regular little heathen?

"You are far worse." "Well I was saving the money for the heathen, and first come first served."

A Terrible Threat.

Customer—That tea service costs 50 marks. That is more than I can pay. His Wife (whispering)—If I should have a fainting spell among all this china would cost you far more.

Wisdom.

Wisdom consists not in knowing many things nor even in knowing them thoroughly, but in choosing and in following what conduces the most certainly to our lasting happiness and true glory.

Somewhat, people never act as you think they should.—Aitchison Globe.

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Price 25 Cents
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CURE SICK HEADACHE

RECORD SINCE 1835.

Prof. R. F. Stupart, Director of the Pro-
vincial Meteorological Observatory,
Compares Our Winters.

As there seems to be a fairly prevalent idea among the old residents of Canada that our winters are milder now than in the early days of settlement, Mr. R. F. Stupart, Director of the Observatory, has recently given a few notes regarding records of temperature since 1830, which will be interesting and instructive.

The coldest winter, December-March, on record at the Observatory was that of 1884-5, when the mean temperature was 18.3, 6.8 below the average of the whole term of years. The second coldest was in 1872-3, when the temperature was 19.0, 6.1 below average, and the third coldest 1855-6, with a mean temperature of 20.4, 4.7 lower than the average. In two of these winters all four months were below average. In only six winters has the average of every winter month been below average, and all of these have occurred since and including 1872.

Extremes of Temperature.
Again, extremes of temperatures are certainly as large now as they used to be. The lowest temperatures of which we have record at Toronto was 25.6 below zero on the 10th of January, 1859, and 25.4 below on the 5th of February, 1885; 22.8 below was recorded on the 5th of February, 1886 and 21.2 below on the 6th of February, 1895. The lowest reading registered prior to 1855 was 18.6 below on the 17th of January, 1840.

The mildest winter on record was that of 1831-2, when the mean temperature was 31.0, 5.9 higher than the average. The second warmest was 1877-8 with a mean temperature of 30.6, 5.5 above average, and the third warmest was 1841-2, with a mean of 30.5, 5.4 higher than average. In nine winters each month has been higher than average and six of these occurred prior to 1865. Dividing the whole term of years into five-year periods, Mr. Stupart stated that the coldest five-year periods were 1855-9 and 1870-4, and the warmest were 1831-5 and 1840-4.

Reason for General Impression.

These being facts, it remains to be considered why there is such a very general impression among old inhabitants of this Province that the winters are not as cold nowadays as they used to be. Mr. Stupart suggested that the solution lies in the fact that the houses we live in today are better heated than when wood was the fuel used. In the city the better class of houses is almost invariably warmed by means of a furnace which, remaining alight at night, keeps the house warm, and people wash and dress in the morning in a comfortable temperature. Even in the country house hard coal is now largely used for heating purposes and a self-feeder in the hallway prevents houses from cooling off towards morning, as they most certainly did in the days of wood fires, when it was not an uncommon thing on rising in the morning to find water frozen in the pitchers, and dressing was then a very cold, shivery business. It seems not improbable that the warmer dressing-rooms may wholly account for the fallacious idea of a changing climate, but some weight should perhaps be given to the fact that in early days before the country was as thoroughly cleared as it is to-day, and roads were shaded by trees on either side, the snow lay on the ground longer and more deeply, and sleighing was better and more lasting, and this would also have been the case in the city before the traffic was so large, and the snow did not become covered with dirt so quickly.

Accurate Instruments.

There is no doubt Mr. Stupart said that the thermometers used in the early days of the Toronto Observatory were accurate and entirely comparable with those used now, and the observers were equally reliable. The observations have been taken on the same plot of ground since 1840, and while environment has certainly changed somewhat, the change in this respect has been such that we might almost expect to find a tendency for higher rather than for lower thermometer readings near the city. From a close study of climate Mr. Stupart said he could not for a moment suppose that the climate of any locality changes appreciably in the lifetime of a man. Change does certainly occur, but probably at a rate comparable with geological changes.

Mr. Ross Robertson on Skates.

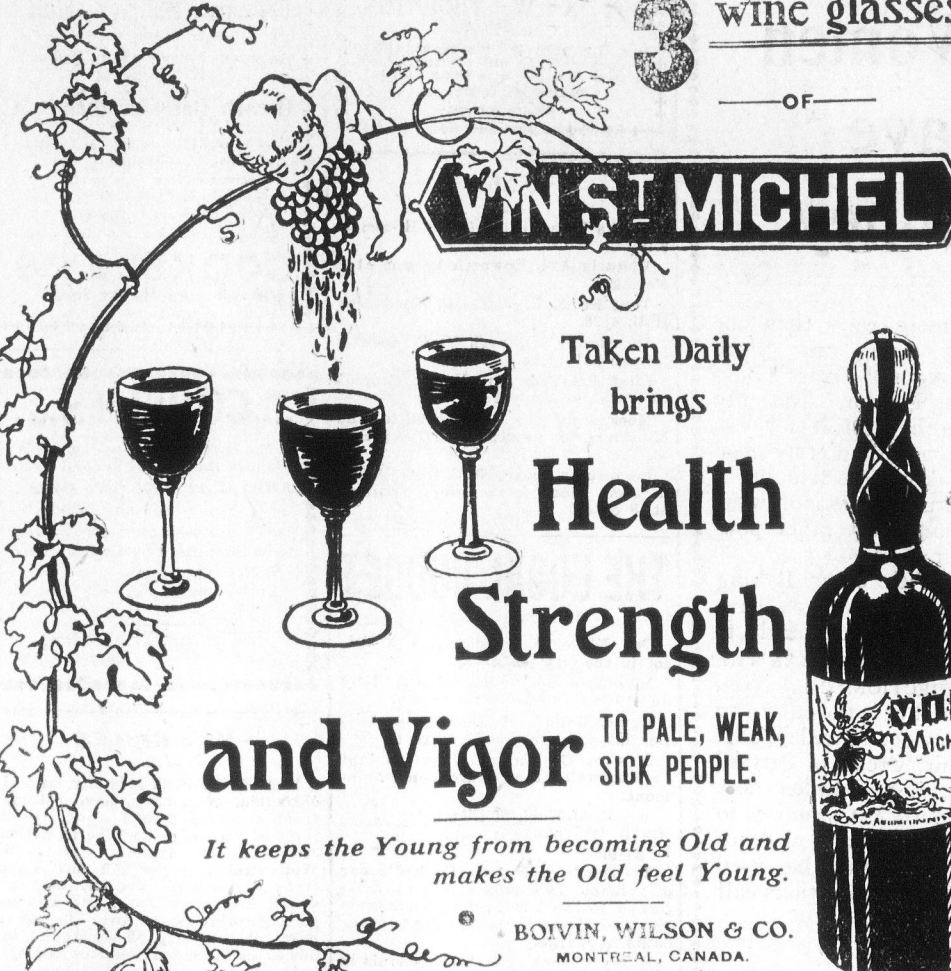
The first appearance of Mr. John Ross Robertson, ex-M. P., Toronto, in 40 years on skates at the O. H. A. match on a recent Saturday night brings back recollections of his early career in athletics. He was a good swimmer, and on one occasion, in 1857, he swam across Toronto Bay, with three other U. C. College boys.

In 1859 he was stroke of a six-oared boat, that was manned by college and Model School boys. A good photograph of the crew, by Carson, an old picture taker, hangs in a room at U. C. College. Max Strange, an uncle of Strange of the Argonauts, and nephew of Judge McLennan, the late Dr. Tom White of Hamilton, and Dr. Alec McDonald, chief surgeon of Ward's Island, N. Y., were in the crew.

Mr. Robertson managed and played in the hockey, or rather, shinney games in 1856-1857, when U. C. College played Knox Academy, and the old King Street Model School. These were played on the Bay, between York and Simcoe streets.

He started the first game of football at U. C. College, and through his efforts the gymnasium at the U. C. College, on King street, was started and built.

He played cricket on the old Wellington Club, that had its grounds on the corner of Front and Brock streets, when the Brunel family lived there.



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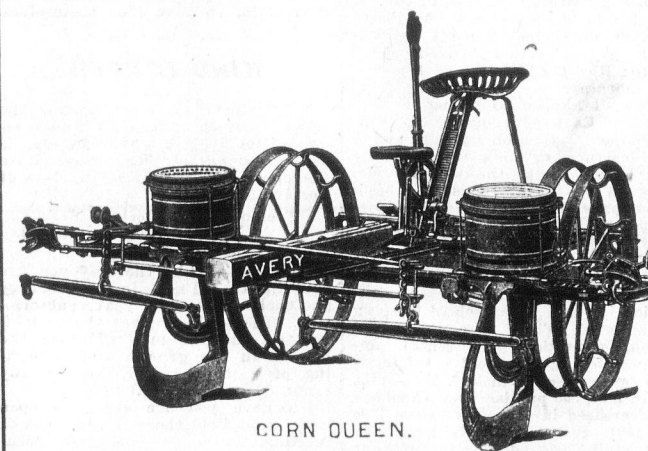
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Read the following testimonial, which speaks for the excellence of this machine.



Dover Township, Sept. 15, 1902.

MESSRS. QUINN & PATTERSON,

Gentlemen,—Replying to your enquiries about how I have been suited with the AVERY CORN PLANTER I bought from you last Spring, I must say that it is all I could desire to be. I cannot suggest any improvement on it, and I can recommend it to any one who may want a first-class and up-to-date Planter.

Yours Truly,
FRANK RANKIN.

In the Course of Time.
I'm going to be a millionaire;
My money I shall hoard it.
I'll be a great reformer then,
Because I can afford it.

Way Down.
"She married beneath her, didn't she?"
"Yes; I believe some two or three millions beneath her."

His Epitaph.
Here lies a maker of mirrors;
His loss, how we weepers ill!
He spent his days behind the glass,
While you spend yours before it.

The Story of Morning Tiredness

Is told by impure blood, poor digestion, sluggish liver and tired nerves. It is a warning of very serious trouble, and should prompt sensible people to take a bracing tonic like Ferrozone, an energetic invigorant and re-builder. Ferrozone will give you a sharp appetite, promote good digestion and sound sleep; it will feed and energize the enfeebled organs, strengthen the nerve and vital forces and regulate the heart. Ferrozone changes that tired feeling into vigor, strength and ambition, and does it quickly. Remember the name, and insist on having only Ferrozone; it's the best tonic made. Price 50c. per box, or 6 boxes for \$2.50, at Druggists, or N. C. Polson & Co., Kingston, Ont.
Hamilton's Pills Cure Constipation.

He Knew.
A truthful man who has just returned from abroad says he overheard the following dialogue between two fellow passengers. Said one:
"I wonder who that awfully homely woman is?"
"Oh, that's my wife," replied the other.
"How do you know? You're not looking at her?"
"I don't have to."

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A New Issue of the Subscribers' Directory

For the District of Western Ontario, including the Chatham Exchange, will be issued early in September. Orders for new connections changes of address, changes of names, duplicate entry of names, etc., should be placed at once to ensure their appearance.

F. D. LAURIE, Local Manager