

## About the House

**Codfish with Oysters.**—Take three pounds of fresh codfish, tie it in a cloth, put in cold water enough to cover it, add a tablespoonful of salt, and let it boil half an hour. Take out, remove fish from the cloth, and let the fish drain on a napkin; serve with fried or stewed oysters and parsley.

**Oyster Sauce.**—Cupful of cream, liquor of half a pint of oysters, tablespoonful of butter, a pinch of cayenne. Bring to a boil, add a tablespoonful of flour, mix the flour smoothly in a little milk, stir carefully so it will not be lumpy; put the oysters in a wire basket and hold them half a minute in boiling water. Put them in a sauceboat and pour the sauce over them. Serve with fish.

**Gelatin Pudding.**—Soak a half-box gelatin in a half-pint of cold water. Put one pint milk in double boiler and when hot add the yolks of five eggs, two-thirds of a cup of sugar, a little salt and vanilla to taste, and soaked gelatin. Cook until a smooth custard, then set on ice to cool. Before it begins to thicken add a cup of seeded and chopped raisins, one-fourth of a pound of macaroons that have been rolled fine, three tablespoons blanched and chopped almonds, and the whites of five eggs beaten stiff. Stir the whole until it begins to thicken, then put into mould and let cool. Serve with whipped cream.

**Angel Food Cake.**—Use eleven whites of eggs; one and one-half tumblerfuls of sifted granulated sugar; one tumbler, even full, of sifted flour, to which add one rounded teaspoon of cream of tartar, and sift several times. Beat whites of eggs stiff, slowly sift in sugar, then sift in flour; add one teaspoon of vanilla. Put in ungreased pan and bake for forty minutes in a moderate oven. Invert when removing from oven and cut out when cool. Frost with boiled frosting, using one white of egg and one cup of granulated sugar.

**Cold Meat Salad.**—Take either cold pork or lamb roast, cut into small pieces, place in dish on ice a short while, then to one heaping cup of the chopped meat add one cup of boiled potatoes which also have been cut into small pieces, then add a small piece of finely chopped onion, also celery if desired. Over all pour a salad dressing made of one egg beaten light, one teaspoonful of mustard, two teaspoonfuls of sugar, half teaspoon each of salt and pepper, small piece of butter. Stir together well, then add one teacup of vinegar. Place on fire and cook until stiff, stirring constantly.

**Stuffed Peppers.**—Cut the tops from green peppers and remove the seeds. Put in a bowl and pour boiling water over them and let stand until the water is cold. Drain this off and wipe out the peppers. Get a pound of good beef and have the butcher run it through the chopper; season it like Hamburg; fill peppers; put in pan. Take two or three tomatoes, one onion, peel, cut up, put around peppers, with a little water; some butter, salt, and pepper; bake often a bake until tender. Take up peppers, put on platter, thicken gravy, put around peppers and garnish with points of toasted bread.

**Prune Whip.** that will not fall.—Stew six pounds of prunes and put through a colander, or chop fine. Beat in one cup of sugar. Beat the whites of four eggs light; stir into the prunes and beat all together until exceedingly light. Set pudding dish in a pan of hot water and bake ten minutes or until slightly brown. Use no cream or tartar. Serve hot or cold.

**Steamed Veal Tongue.**—Scald and peel a veal tongue; make several slits, and insert strips of ham. Fry on both sides in hot lard, and add sliced carrots and onions, a spoonful of flour, a hash of parsley, and salt and pepper to taste. Put in enough water to cover the whole and boil slowly for three hours.

**Graham Pudding.**—Make of half cup molasses, quarter cup butter, half cup sweet milk, one egg, half cup raisins, half cup currants, half cup graham flour, one teaspoon soda, salt and spice to taste, and steam three hours. Serve hot with hard or sour sauce.

**Frosted Creams.**—To one cup each of sugar, lard and butter, mixed, add Orleans molasses and cold water, one teaspoon of soda, one tablespoon ginger, one teaspoon cinnamon, two eggs, and flour to make a soft roll. Spread on flat pan, one inch thick, and bake in cool oven. Have ready one cup of pulverized sugar, moistened with milk. Spread on white hot.

### VALUABLE HINTS.

**Potato for Pens.**—When your pen corrodes with ink stick it in a raw potato several times. This will make your pen like new.

**Soaped Nails Easily Driven.**—Save your strength when driving nails in hardwood by soaping them well first. Soap is equally helpful on screws.

**Salt Softens Woollens.**—Before ironing any woollen garment add to the water

one handful of salt, and see how much softer it makes the garment.

**For the Home Musician.**—An excellent plan to keep sheet music together is to stitch it on machine in book form. One row of stitching about an inch from edge.

**Save Lace in Curtains.**—When putting up curtains draw small sized rubber nipple over the end of the rod and it will slip through without catching and tearing the lace.

**For Home Pets.**—Dilute carbolic acid mixed with good soapy water to kill fleas or vermin on cats and dogs. Let them stay awhile in the water to insure success.

**Kerosene Aids Starch.**—Put a teaspoonful of kerosene in the starch or borax; either keeps the irons from sticking, and borax will give white things that new and ivory appearance.

**Glycerin Saves Tubs.**—If your tubs and pails fall to pieces when not in use, try an inside coating of glycerin and you will find them, together with your temper, perfectly preserved.

**Remove Grease from Floors.**—Ten cents' worth of oxalic acid dissolved in a quart of boiling water will take oil stains from a floor. Afterward wash well with soda and soap and water.

**To Clean Window Shades.**—However badly soiled window shades may be, if they are sponged with a cloth wet with kerosene and rubbed dry with a clean cloth, they will come out like new.

**To Iron Button Waist.**—To iron shirt waist with buttons in back, fold towel three or four times, lay under buttons, iron over back; the buttons will sink into the towel, making a smooth surface between them.

**To Make Ironing Easier.**—To make iron run smoothly, get some leaves from evergreen trees. Rub hot irons on them and they will iron without sticking to starched clothes. This is used in old Virginia. Leaves may be dried for use.

**Utilize Oil Papers.**—Save the papers that you get your boiled ham or lard in. They will come in useful on ironing days. If the iron is rubbed over the greasy paper every time it is taken from the stove it will keep the iron clean and smooth.

**Hang Tablecloths Inside.**—Tablecloths should never be hung out of doors. They should be folded from the wringer and rolled in sheets used entirely for this purpose, allowed to lay from two to three hours, then ironed; the result will well pay for the extra work.

**To Dry Clothes Properly.**—In hanging clothes out to dry first hang up the thickest part, waist or neckbands, etc., because if hung by the thinner part the water will run into the thick part, lodge there and take longer to dry. Second, hang up everything wrong side out, so that any accidental soil will not do so much damage as if it appeared on the right side.

**Lace Curtains Easily Washed.**—To launder lace curtains without stretchers, spread newspapers over the carpet, and stretch them with a tack in the open work of each scallop. Keep straight by the seam of the carpet, and the next curtain will go over the other and save work. Use new laces to prevent rust. Your curtains will look like new, and your fingers will not be blistered with pinning each one down.

**How to Wash Blankets.**—Blankets and other heavy woollen articles can be washed best in this manner, and with little labor. Procure a large size boiler block, and bore about 15 inch size holes through the block. Into the centre hole drive a broom handle. Prepare the warm water in a large tub, with boiled soap and ammonia. Into this place the blankets and stamp with the block. Turn articles every little while. When clean wring. Then place in lukewarm water and wring.

### SCIENCE FINDS CANCER CURE.

**Dr. Keating Hart's Discovery Shows Wonderful Results.**

Dr. Keating Hart of Marseilles, France, gave a practical demonstration in Paris the other day of the new electro-surgical cure for cancer, which up to the present time has shown the most wonderful results.

The system consists of applying in a special manner high tension intermittent sparks to the cancerous growths. These are softened by the electricity, and their cutting out is made easy. At the same time the electricity causes the wound to heal with magical rapidity, kills all pain and prevents a recurrence of the growths.

This electrical process, which has been named "fulguration," can be applied also to cancer in the head, where operations are impossible. Its application causes the growth to disappear gradually and puts a stop to the dreadful pains that accompany cancer.

Prof. Samuel Pozzi and a number of other eminent French surgeons, as well as several of the foreign delegates to the surgical congress now in session at Paris, witnessed the demonstration, and declared it to be of the greatest value.

Miss Gossp.—"There goes Mr. Broke. My! He looks as solemn as an undertaker. Mr. Bachelor—"No wonder. He's going to undertake a wife next week."

## HIS VERY BAD TOOTHACHE

IT KEEPS HIM AWAKE FOR TWO WEARY NIGHTS.

An Experience Which Very Few of Us Have Escaped Nicely Told.

"If I had my choice," said Mr. Goslington, "between riches with pain and poverty without pain, I'd take painless poverty, every time; money is a good thing, but health is better."

"I am prompted to these remarks by a siege of toothache recently endured, which kept me in misery day and night for thirty-eight hours. Ever had a real hard toothache? If I had an enemy I could wish him nothing worse."

"Mine began at 6 p.m. of a Sunday, and from the start it made me shrink and shudder and I had no thought but for it. The doings of other people and of the world in general interested me no longer, my toothache engrossed me completely, and all I could do was to sit and hold my head and suffer."

"I did think I could forget it when I went to bed, for I am a good sleeper, and I had no doubt I could sleep, even now, and so be rid of it for a time; but that only shows how little I knew about hard toothaches, for no sooner had I stretched myself out than the

ACHE GOT BUSIER THAN EVER.

"While I was up and around among folks my mind was, at least in some slight measure, involuntarily distracted from it, but when I laid me down in the silence and solitude of my chamber the toothache simply claimed me wholly for its own, and now it let out another link of pain and all I could do was to lie there and suffer."

"And still on that first night I did get a little sleep from 11 to 12, one hour, awaking then to find the pain still there, while I could do nothing to stop it. Occasionally, in my futile effort to obtain relief somehow, I would sit up on the edge of the bed and at 1 o'clock I got up and sat up until 2 and read and then I lay down again, the tooth still aching just the same, and lying thus, suffering, the hours went slowly by. In the prevailing stillness of the night I heard four after hour the town clocks of our neighborhood strike, while over the ocean of silence there came faintly the steady wailing of an infant in some distant house. All the rest of the world was asleep, all but me—my portion was to lie there awake and suffer."

"At 4 o'clock I got up and partly dressed, went out in the sitting room and sat in the big arm chair and read some more, the tooth still aching just the same; and sitting there at last I fell asleep again at 5.30, to sleep until 7. So on that first night I got two and a half hours sleep, but from that second nap, caught in the big chair, I woke to find the tooth still aching and with the ache quite undiminished."

"It so happened that I had an appointment with my dentist for 3.30 that day, an appointment made some time before for work to be done in the ordinary course, and so I waited for that time, in the meantime

SUFFERING THROUGH THE DAY.

"What the dentist did for me he said ought to give me relief in twenty minutes, and as a matter of fact it did; and from 4 o'clock till 6 that afternoon I had a respite from pain that while not complete was comforting, but at 6 o'clock the old ache set in again just the same and as hard as ever, and I felt that I was in for another night of it, and the event proved I was."

"That second night I got a half hour nap after 11 o'clock, and I slept again from midnight to 1 a.m.; but at 1 I got up and read for a while, and at 2 o'clock I took to the big chair, once more to sit and suffer. I kept in the big chair from 6.30 to 7, making two hours sleep for the night, and then I dressed for the day, after two nights, now, spent altogether, and after a period of thirty-seven hours of continuous suffering, I was worn and wretched, and the tooth still ached."

"But at 8 o'clock, just after I had started again for the dentist, with whom I had an emergency appointment for this morning at 9 o'clock, the pain all ceased. What the dentist did this time he said ought to stop the pain entirely; and that day, from 8 a.m. to 4 p.m., I did have complete and absolute relief; and what a blessed relief it was!"

"I was tired and worn and weak, but these hours of freedom from pain were filled with the languid delight of convalescence; and then at 4 p.m. that tooth began to grumble a little. But the pain didn't come back as it had before, it was transient now and slight; and that night I slept grandly, straight through, my first night's sleep in three nights."

"In the morning I woke to find the tooth a little sorer again; nothing like so bad as it had been in the heavy siege, but sore enough to make me uncomfortable and to disturb me with the thought that the old hard ache might at any minute return. But it didn't; the tooth just grumbled along so through the day until I came to make my next visit to the dentist's, which was at 3.30 p.m.; and this time he stopped the ache for good and all, after a siege that had covered, from beginning to end,

A PERIOD OF SEVENTY HOURS.

"Even the soreness had now disappeared, and that night at home I found myself laughing. All my misery had departed; and that night I slept again, grandly, restfully; and the next morn-

ing I awoke quite free from pain, and rested, a new man.

"I had come back to the world and its joys; and the world and its joys had come back to me. The trees waved their branches at me once more and the sparrows chirped for me; the bells on the carts of the ragmen now jangled musically; the laughter of children at play belokened happiness; people passed whistling, so happy were they; there was a cheerful ring now to the horses' hoofs as they trotted along the streets, a merry buzz to the automobiles; and I liked the sound of the hammer coming from a house in the neighborhood where they are carpentering."

"Everybody seemed to be doing something and everybody seemed to be feeling good; the sun was shining, the air was bright and the whole world was full of peace and joy; a world in which just to live was a delight."

"What a blessed, blessed relief, and I hope I may never, never again have toothache; and wouldn't voluntarily suffer it for any price. If some man should come along with a million dollars, to be mine if I would take it with a toothache attachment, I would say:

"You can take it away and burn it if you wish, my friend, it has no charms for me; I take for my music the greater joys of painless poverty."

### SCIATICA CURED.

Mrs. Chas. F. Haley Testored by Dr. Williams' Pink Pills.

"I was utterly helpless with sciatica. I could not move in bed without aid. Doctors treated me, but I did not improve. I used Dr. Williams' Pink Pills and to-day am a well woman." This tribute to the merits of Dr. Williams' Pink Pills is made by Mrs. Chas. F. Haley, of Yarmouth, N. S. Two years ago she suffered most severely from an attack of sciatica, and for a number of months was an invalid confined to her bed. She further states: "It is impossible for me to describe the pain from which I suffered. I endeavored to continue my profession as a music teacher, but was forced to give it up. The doctor said the trouble was sciatica, but his treatment did not help me. I could scarcely take a step without the most acute pain shooting through my back and down the limb. Finally I took to my bed and lay there perfectly helpless, and could not move without aid. The pain was never absent. I consulted another doctor, but with no better results, and I began to think I would always be a sufferer. One day a friend who was in to see me asked why I did not take Dr. Williams' Pink Pills, and on her advice I decided to do so. The result was beyond my most hopeful expectations. All the pains and aches disappeared and I have never since been troubled with sciatica. I have no hesitation in recommending Dr. Williams' Pink Pills for the trouble from which I suffered."

When the blood is poor the nerves are starved; then comes the agony of sciatica, neuralgia, or perhaps partial paralysis. Dr. Williams' Pink Pills actually make new rich, red blood, which feeds the starved nerves, drives out pain and restores health. It is because these pills actually make new blood that they cure such common ailments as rheumatism, anemia, backaches and headaches, heart palpitation, indigestion and the painful irregularities of growing girls and women. You can get Dr. Williams' Pink Pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

**TROUSERS OF RECENT ORIGIN.**  
A Hundred Years Ago Methodists Thought Them Immoral.

The modern custom of wearing trousers was taken from the military dress introduced into the army by the Duke of Wellington during the Peninsular War, says the Tailor and Cutter. In early days these were known as Wellington trousers, after the Duke.

When they were coming into general use at the commencement of the nineteenth century, the religious world and the fashionable world were most determined in their opposition. A clause in the original trust deed, dated 1820, of a Sheffield Nonconformist chapel, provided that "under no circumstances whatever shall any preacher be allowed to occupy the pulpit who wears trousers."

But this was not all. Some doubts were expressed in many quarters concerning the question whether a man could be religious and appear in trousers. One of the founders of the Primitive Methodist body remarked to a colleague in the ministry "that trousers wearing, beer drinking so and so will never get to heaven."

Father Reece, a famous Methodist minister, twice president of the Conference (born in 1765, died in 1850), could not be induced to adopt trousers, and among the Methodists was the last to follow popular fashion in this respect.

### BABY'S HEALTH.

Baby's health and happiness depends upon its little stomach and bowels performing their work regularly. If these are out of order Baby's Own Tablets will cure the trouble quicker than any other medicine, and the mother has the guarantee of a government analyst that this medicine is perfectly safe. Mrs. Frank Neill, Marksville, Ont., says: "I have used Baby's Own Tablets for stomach and bowel troubles, breaking up colds and destroying worms, and always with the best success." Sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## PRISONERS' AMUSEMENTS

JAILS WHICH ARE MODELS OF COMFORT AND LUXURY.

All the Comforts of a Home—Prisoners Are Allowed to Do as They Like.

While England shows what can be done in the way of providing palaces for paupers, Switzerland has been vying with America in an effort to establish the most comfortable jail in the world. The prison of Thorberg, near the town of Wassen, is a perfect paradise for convicts, who are allowed to do just as they please, even to the extent of visiting the cafes and places of amusement in the town.

The wardens of Thorberg, according to recent revelations, are particularly amiable and obliging, especially to those convicts who have money and are prepared to spend it generously. There is no difficulty in getting wines and tobacco in such a case; hot rolls and coffee for breakfast; a good dinner, ending with liquors and wines; and permission to play cards, or go for an excursion into the mountains. In the language of the seaside landlady, Thorberg is a lovely home away from home. It reminds the writer of the American prisons, where thousands of convicts are housed in comfort and remain in

DEMORALIZING IDLENESS.

Dr. Samuel J. Barrows, the secretary of the New York Prison Association, has told how at Buffalo, for instance, in the prison with 300 inmates, "the men were loitering in their beds, playing cards, chequers, warm and well fed."

Buffalo, however, must give way to Michigan in the matter of treating lawbreakers with every consideration and kindness. Not content with abolishing the death penalty, Michigan permits the inmates of the State prison at Jackson to make up athletic teams, arrange contests with outside organizations (the games, it is to be presumed, taking place inside the jail), establish debating societies and theatrical companies, and it has even been known to induce a circus to give a performance for the amusement of the convicts.

What is more, the Jackson penitentiary also rejoices in a convict-run newspaper, named "Broaden Out," which lately issued its first anniversary number. The profits, which are shared by the 700 convicts, must be considerable, for the proprietors own the printing plant unencumbered, and contribute labor without wages. The paper's list of subscribers includes many ex-convicts and other persons throughout Michigan. All the 700 copies are entitled to

CONTRIBUTE TO ITS COLUMNS.

Prisoners are also permitted to subscribe to any good newspaper or magazine they wish, and extensive use is made of this privilege. The State has provided an excellent library, containing the best and latest books of reference, history, science, fiction, etc., and, besides, benevolent people from all parts of the States have sent books, the collection at the present time amounting to more than 18,000 magazines, to which new ones are constantly being added.

California, too, provides many comforts for the inmates of the State prison at Reppress, situated on the east bank of the American River, 112 miles north-west of San Francisco. The convicts may associate with one another just as much as they please, tobacco is furnished by the State, and on Sundays and holidays the prisoners have the freedom of the prison-yard, where they enjoy wrestling bouts, baseball games, and other athletic feats. Occasionally a vaudeville performance is given. The performers and audience are all convicts. A convict band of twenty-four instruments furnishes concerts on Sundays. Plenty of interesting reading matter is provided, while the prisoners have free use of an excellent library.—London Tit-Bits.

### DON'T NEGLECT YOUR SKIN.

A healthy skin is absolutely essential to HEALTH, HAPPINESS and BEAUTY, and the natural and never-failing way to keep a healthy skin is to treat all injuries and eruptions promptly with Zam-Buk. Zam-Buk contains only the rich saps and juices of healing, health-giving herbs, and is therefore Nature's Own Skin Remedy.

Obtainable from all druggists and stores at 50c. a box. Send to Zam-Buk Co., Toronto, for free sample box. Just cut out this offer, write name of paper across it, and mail, with 1c. stamp to pay postage.

### MUTUAL WISH.

A certain clever authoress was once asked by a writer of the opposite sex who is not remarkable for civility:—

"Wouldn't you like to be a man?"

To this the lady readily replied:—

"Wouldn't you?"

### VERY LIKELY.

"John."

"Well, what is it now?" he growled.

"When Rudyard Kipling wrote that poem about a bear that walks like a man don't you think he must have had you in mind?"

When you meet a man who has money in the bank it is a pretty sure sign that he is not a poet.

How disappointed the average man must feel every time he looks in a mirror.

## Rickets.

Simply the visible sign that baby's tiny bones are not forming rapidly enough.

Lack of nourishment is the cause.

Scott's Emulsion nourishes baby's entire system. Stimulates and makes bone. Exactly what baby needs.

ALL DRUGGISTS: 50c. AND \$1.00

