

A Traveller.

By Clinton Scollard.

Into the dusk and snow
One fared on yesterday;
No man of us may know
By what mysterious way.
He had been comrade long;
We fain would hold him still;
But, though our will be strong,
There is a stronger Will.
Beyond the solemn night
He will find morning-dream,—
The summer's kindling light
Beyond the snow's chill gleam.
The clear, unfaltering eye,
The inalienable soul,
The calm, high energy,—
They will not fail the goal!
Large will be our content
If it be ours to go
One day the path He went
Into the dusk and snow!

—The Outlook.

"He married beneath him—an impossible person."
"Ah, I see. A mesalliance, eh?"
"No, a Miss Smith, I believe."

MENDING MATTERS.

"Had you the audacity, John," said a Scottish laird to his servant, "to go and tell some people that I was a mean fellow and no gentleman?"
"Na, na," was the candid answer.
"You'll no catch me at the like o' that. I aye keep my thoughts to myself."

A school teacher wrote the following sentence on the blackboard for the benefit of the young grammar class:
"The horse and cow is in the lot."
She waited quite patiently for some one in the class to tell her what was wrong with the sentence. Finally, little Sammy, in the back row, held up his hand.

"Well, Sammy, tell us what is wrong with the sentence."
"Please, ma'am, you should put the lady first," was the reply.

OBJECTION TO "REGENERATION."

"What is the meaning of 'regeneration,' Tommy?" asked a teacher, in the north, of one of his most promising pupils.

"It means 'to be born again,' sir."
"Quite right, my man. Would you like to be born again, Tommy?" said the examiner.

"No, sir, I wadna," replied the heretical youth, boldly.

"Indeed, laddie, and wha for no'?" inquired the astonished preceptor.

"Because, sir," answered Tommy, "I'm fear'd I might be born a lassie?"

A FAMILY LIKENESS.

Some soldiers, quartered in a country village, when they met at roll-call, were asking one another what kind of quarters they had got. One of them said he had very good quarters, but the strangest landlady he ever saw—she always took him off. A comrade said he would go along with him and take her off. We went, and offered to shake hands with her, saying, "How are you, Elspa?"

"Indeed, sir," said she, "ye hae the better o' me. I dinna ken ye."

"Dear me, Elspa," replied the soldier, "d'ye no ken me? I'm the devil's sister's son."

"Dear, save us!" quoth the old wife, looking him in the face; "mon, but ye're like your uncle!"

RED NECKTIES ON TRAINS.

"Red neckties are always worn by foreign brakemen and conductors. Ever notice it?" said a railroader.

"No. Why is it?"

"As a safety device," was the reply. "These red neckties that flash upon your gaze on the railroads of Italy, France, Germany and England are not a sign that the people have a gay taste, but that they are cautious and prudent."

"The neckties are supplied free by the railroad companies for use as danger signals in emergency. Thus, no matter when or where an accident may happen, there is no need to search or scramble for a red flag, but the brakeman whips off his red necktie and waves it frantically aloft."

HEALTH IN THE HOME.

By a Trained Nurse

Invalid Cookery.

The problem of diet in the sick room is always a matter of more or less anxiety in every home, especially where the illness is of long duration and the appetite is fitful and capricious.

In considering the diet of any patient, no matter what disease he may be suffering from, there are two essential features to be studied. The first feature is, or should be, the nutritive value of the food. The aim of invalid cookery is to build up and repair the waste which is going on in the system during illness. Therefore, food must be given which will assist nature in her efforts toward restoration. For example, a patient suffering from typhoid fever should not be given solid food, nor a patient with Bright's disease given too much sugar or starch.

The second feature is the preparing and serving of the food. It should be served in small quantities, and in as attractive a manner as possible. The linen should be spotless, dishes dainty chinaware, if practicable, and always whole—not chipped and cracked, as we see sometimes. High seasoning should be avoided, also extremes. In the preparation of the food, it must be given the stipulated time for cooking. Nourishment plays an important part in the recovery of a patient, and the value of this branch of nursing cannot be overestimated.

It is the purpose of the writer to give a few "dietetic" recipes for our most common disease, consumption, with the hope that they may help those who are taking care of their loved ones in the home, and whose brains are often racked trying to think of something new which will not only tempt, but benefit the patient.

CONSUMPTION.

The treatment of consumption has received much attention and study by all the greatest minds in the medical world. By careful dietetic treatment a great deal may be done to arrest its progress.

Fresh air, exercise, and cold-water bathing are invaluable.

Diet.—Avoid starchy foods, an excess of sugar and eggs, if there is any tendency toward gastric catarrh.

Fats and oils may be given, in the form of olive oil, salads, cream, bacon, nuts and marrow.

Cod-liver Oil has long been held to be of eminent value, as it possesses all the advantages of food. Oil should be given at first in small quantities.

Malt extract may be given, although it is inferior to oil.

RECIPES FOR CONSUMPTIVE PATIENTS.

Creamed Sweetbreads.—Soak the sweetbread in cold, salted water, throw into boiling water and boil fifteen minutes. A little lemon juice or vinegar added will whiten the bread. Drain, and cut into dice. Make cream-white sauce with $\frac{1}{4}$ cup cream, or 2 tablespoons of milk and 2 of cream, 2 tablespoons butter. Blend flour and butter, add 2 tablespoons flour, cream, and let boil. Pour sauce over meats, sprinkle with bread crumbs, and brown in oven.

Pudding, Suet.—One-quarter cup suet, $\frac{1}{4}$ cup molasses, $\frac{1}{4}$ cup milk, 1 cup flower, $\frac{1}{8}$ teaspoon soda, $\frac{1}{4}$ teaspoon spice. Put into pudding-cup, and steam three-quarters of an hour. Serve with a cream sauce.

Bacon Dressing.—Fry thin slices of bacon. Strain; add to quantity of fat one-third quantity of vinegar, thickened by adding flour. Serve as a dressing on grape fruit.

Mayonaisse Salad.—Equal parts of celery and chicken. Walnuts may be added. Dressing: One egg yolk, 1 cup olive oil, 1 teaspoon salt, pepper (cayenne), mustard and sugar to taste, 2 tablespoons vinegar or lemon juice. Beat egg with olive oil, added drop by drop, then mustard and sugar, salt and pepper; add vinegar to thin. Chill.

Cream Toast.—Toast bread, drop in boiling salted water. Pour over a thin cream sauce and serve.

Caramel Ice Cream.—Caramel used in place of sugar to prevent fermentation. One quart scalded cream, 1 cup sugar, $\frac{1}{4}$ cup caramel. Freeze.

Orange Bavarian Cream.—Grated rind of 1 orange, juice of 3 oranges, $\frac{1}{2}$ cup sugar, 1 cup cream, 2 tablespoons gelatine. Method of making: Whip cream, set on ice; soak gelatine in $\frac{1}{4}$ cup cold water; dissolve gelatine in $\frac{1}{4}$ cup of boiling water; add juice and rind of oranges, and sugar; stir until dissolved, then partially chill; when nearly cold add whipped cream; beat until thick, put in mold, and chill.

Banana Cream.—Three bananas cut into small pieces, 1 cup water, 6 tablespoons sugar, $\frac{1}{2}$ rind of lemon; cook ten minutes, remove rind, add $\frac{1}{2}$ tablespoon hydrated gelatine, 1 cup whipped cream, juice of one lemon. Mold and chill.

Egg Chocolate.—To be served as soon as made: Two squares chocolate, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup water, 2 cups milk added a little at a time, vanilla. Cook to a paste, stir constantly, let boil five minutes, remove from fire, beat in two whites of eggs, whipped.

Velvet Cream.—One-quarter box gelatine, $\frac{1}{2}$ cup cold water, 4 tablespoons lemon juice, $\frac{1}{2}$ cup sugar, 1 cup cream, whipped. Soak and dissolve over hot water, add lemon juice and sugar, set on ice to cool. When it begins to harden add cream, beat until thick, mould and chill.

Coffee Cream.—Two tablespoons gelatine, $\frac{1}{2}$ cup strong coffee, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup cream. Soak gelatine, add coffee and sugar, cook. When it begins to thicken add cream, beat, mould and chill.

Nuttet Cream.—Three tablespoons gelatine, $\frac{1}{2}$ cup cold water, 2 cups cream, whipped, $\frac{1}{2}$ cup almond nuts, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup powdered sugar. Dissolve gelatine, mix nuts, sugar and cream, add to gelatine, stir constantly, mould and chill.

Meat Puree.—One tablespoon of scraped meat, 4 tablespoonfuls of bouillon. Scrape meat with a dull knife, put in bouillon and heat, season with pepper and salt.

Meat Puree.—Scraped meat, mix with cream, season with salt and pepper, form in balls, and pan-broil.

Sherry Jelly.—(Will ease dry, parched lips): One-half cup water, $\frac{1}{2}$ box gelatine, 4 tablespoons sherry, rind and juice of one lemon.

When eggs can be eaten without disturbing patient, or where there are no signs of gastric catarrh, have found the following much relished:

French Omelet.—Separate one white and yolk, beat white until stiff, beat yolk until lemon color, add one tablespoon water to yolk, add salt and pepper, let butter (teaspoonful) melt in pan, fold white into yolk and cook one minute; reduce the heat, try with knife lightly, fold and turn into platter. Serve at once.

Creamy Omelet.—Beat up whole egg, add tablespoon cream, heat and butter the pan, pour egg into pan, and constantly lift from center of pan till cooked. Serve at once.

MARION DALLAS.

A WOMAN'S PRIDE

IS A PERFECT COMPLEXION



If your face is covered with pimples, filled with unsightly blackheads, cheeks sunken and hollow, you should use the **GEM COMPLEXION BULB** which replaces all old methods for securing beauty. It prevents and removes wrinkles, pimples, blackheads, freckles, makes skin soft, white and velvety. Blackheads in many instances are banished in a few minutes. The speed with which it clears the complexion is almost beyond belief. A single soothing application produces remarkable results. May also be used in developing the bust. Women who own one of these wonderful devices need have no further fear of wrinkles or blotchy heads. The regular price is \$6.00. In order to get other good things before you, we will send the **Gem Complexion Bulb** with full directions for thirty-five cents. You cannot afford to miss this bargain.

THE GEM COMPLEXION BULB CO.
Box 402. Toronto, Canada.



WASHES
CLOTHES
IN FIVE
MINUTES

25 minutes to wash a tubful of clothes by hand.
5 minutes to do it better with the

"New Century" Washing Machine

There's no rubbing—no keeping the hands in steaming, dirty water. Simply fill the tub half full of hot, soapy water, put in the clothes, turn the handle, and the "NEW CENTURY" does all the work.

Let us send you a book about this new way to wash clothes. It's free.
The Downswell Mfg. Co., Limited
Hamilton, Canada

THE MORGAN INCUBATORS AND BROODERS



Cash or time.
Every Machine GUARANTEED
You run no risk.
All kinds of Poultry Supplies
Catalogue free.
A. J. MORGAN, London

"Whew! What! Lottie Brown engaged? That proves what I've always said, that no matter how plain and bad tempered a girl may be, there's always a fool ready to marry her. Who's the poor man?"
"I am."

Women Angrily Aroused ALL OVER THE DOMINION

Information from various Provinces of Canada points to the fact that many women have been deceived and induced to use the weak and adulterated package dyes put up by unskilled and unscrupulous manufacturers to imitate the popular DIAMOND DYES.

Our Canadian women, thoroughly aroused, after loss of time, money and valuable materials through the use of muddy, blotchy and weak dyes, have directly laid the blame for their losses on the retail merchants who sold them the deceptive dyes.

This action of indignant women has caused many of our retail and wholesale dealers to pack up and return to the manufacturers responsible, their worthless and dangerous dyes.

MORAL: When ladies decide to do home dyeing work, it pays to use the celebrated and popular DIAMOND DYES, which have been the home friends of the ladies for over 25 years. When buying, see that each package handed to you bears the words DIAMOND PACKAGE DYES. Users of DIAMOND DYES soon become experts in the fascinating work of home coloring, and find that a ten-cent package will renew the life of any faded and dingy suit, dress, skirt, blouse, jacket, cape or husband's or son's coat, vest or trousers. Allow no dealer to offer you the something he calls "JUST AS GOOD." No other dyes equal the DIAMOND DYES.

Send your name and address to Wells & Richardson Co., Limited, Montreal, P. Q., and you will receive, free of cost, new Dye Book, Card of Dyed Cloth Samples and Booklet in verse, entitled "The Longjohns' Trip to the Klondike."