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and the communication of the state of the st

YNICAL moralizers floors as "troublesome" beyond the upon fashionable follies rate capacity of housemothers of moderamong these the demand for ate means. They must be swept hard floors and rugs, which has in- twice a week, we are told, and dustcreased and prevailed throughout ed daily, if one would keep one's our country within the last quarter house decent. Putting aside the century. The rage for rare and question as to the composite nature of the dust removed, and which costly rugs is reckoned among the misuses of wealth, which ocwould, if left in a woolen carpet, find its way gradually, but surely, cupy the thoughts of professional casuists, who furnish copy (at reguinto the lungs and stomachs of those lar rates) for magazine columns. In who walk, sit and sleep in the rooms fact, hard floors and movable floor thus made "comfortable." let us reason together over this same obligacoverings are sensible innovations, because healthful and economical. Our grandmothers prided them-

A soft hair broom is usually sold selves upon keeping carpets "down" for this purpose. I find a stiff, for a term of years, yet keeping staunch, rather broad besom of the them in good order all the time. regulation broomcorn variety, cov-Their floors were of soft wood; ered with a snug bag of red flannel, refuse odds and ends of boards were altogether the best agent in the work. It is as easily handled as a reckoned good enough, since they cloth duster; it may be untied, drawn off and washed when soiled; would always be covered. Dirt, beaten fine by the broom, sifted through and it does not scratch the polished ingrain, three-ply and rag carpets surface of the floor.

into the cracks below; and with dust The rugs, be they cheap or expensive, should be lifted and shaken went "germs." When disease got into a house and stayed there, the once a week, then laid upon the affliction was accounted "a visita- once a week, then laid upon the tion of God." Carpets, however grass and swept on both sides. After scrupulously "broom-clean," were which leave them lying on the grass. sure breeding places for perils in- if you have a patch of turf. If you visible to the naked housewifely eye. are a flat-dweller, let shaking, sweep-There are still honorable women ing and sunning be done upon the not a few who object to hardwood housetop or in a vacant lot or in a ing and sunning be done upon the

THE BATH ROOM AND BATH ROOM

while the



of work and money gives her vote in favor of hard floors and rugs.

A carpet sweeper takes up the dust, and some housewives agree with the patentee in declaring that it does not wear away the carpet. Those who empty the reservoir of woolen fluff after each sweeping may incline to a different opinion. It is and about the base board do moths

The second-set course is to cover the carpet with fine salt, and to sweep this into the woof with a stout, clean broom by going against the nap, and out of the carpet by following the grain in a second sweeping. Have ready, when this is done, a half pound of pulverized gum camphor, dissolved overnight in two gallons of gasoline. Go into the

and buffalo bugs most love to congregate. In these favorite retreats our distracted housewife is almost certain to find flourishing colonies of the squar ers upon opening the home after the summer's outing. Should her worst fears be realized, her best course is to have the carpet, taken up and sent to a steam cleaning establishment, filling all cracks with gasoline and gum camphor while they are gone.

The second-best course is to cover

room in broad daylight with this mixture in a can with a long spout. Saturate the edges of the carpet with it, pour into the cracks at the top and the bottom of the base board. Hold not your hand until the suspected portions are drenched and dripping.

This done, shut up the room close

ly, lock the doors and take the key out. Let not a creature open or enter the precincts for twenty-four

Go in, then, in broad daylight and preyed upon woolen stuffs and housewifely sensibilities are not proof against this process.

## The Housemothers in Weekly Conference

A WISCONSIN member contributes a tentative list of meals for a day for people of moderate incomes. I wish she had inclosed the approximate expense of the same. Just now we are in eager quest of ways and means by which a family of four, or even two, can eat nourishing food for a week at an outlay of \$4.50. Will some level-headed woman try the accompanying menus for one day, and let us know what it costs to put them upon the table?

Meals for a Day.

BREAKFAST: Rice crep-sample tells and

BREAKFAST: Rice, crab-apple jelly and cream, johnny cakes, comes.

LUNCH: Scotch broth, pineapple and nut salad, biscuit toasted with cheese, angel puff, tes.

DINNER: Codfish turbot in shells, baked veal steak, baked potatoes, parsnips, pieplant pie, cheese, black coffee.

TO MAKE SCOTCH BROTH.

One-half cup of barley, two pounds nack

TO MAKE SCOTCH BROTH.

One-half cup of barley, two pounds neck of mutton, two quarts of cold water, one-quarter cup each of carrot, turnip, onlon and celery, two tablespoonfuls of butter, one of flour, two teaspoonfuls of salt, one salt-spoonful of pepper, one tablespoonful of chopped parsley.

Scrape the meat from the bones, rejecting fat and skin; cut into dice; add vegetables and three pints of water. Simmer three or four hours, then add the pint of water in which the bones have simmered taking care not to let the water boil away. Thicken with the flour cooked in butter.

FOR ANGEL PUFF.

Beat whites of twelve eggs stiff, add twe cups of sugar and one teaspoonful of vanilla. Bake in two layer cake tins in an even oven forty minutes. Serve with whipped cream,
This sounds impossible, but is really easy and delicious.

VEAL STEAK

and delicious.

VEAL STEAK
is much more wholesome if covered with
egg, bread crumbs and seasoning and then
baked three-quarters of an hour. SALT CODFISH

salt codfish

makes excellent turbot and is very attractive if taked in shells.

1. I should like to know how to make vinegar with yeast cake, brown sugar and rain water. Do I want anything else, and in what proportions? I dislike cider vinegar.

2. Can light brown sugar be used in making jelly?

3. Must Chile sauce, piccalilli and spiced blackberries be kept airtight to keep?

4. Can string beans be canned for future use?

5. How to can ripe tomatoes and cranberries in cold water?

6. How to can ripe tomatoes down as you do cucumbers?

7. Can you sait ripe tomatoes down as you do cucumbers?

Mrs. W. B. B.

1. Never having heard of vinegar manufactured of the materials you enumerate, I cannot answer your first query. Perhaps somebody else will. A fair quality of vinegar may be made of tea, well sweetened and left to sour. Grapes may also be made into vinegar.

2. Yes, but the jelly will be darker than if made with white sugar.

3. Pickles, preserves, jellies and canned things of all kinds keep best when the air is excluded. It is not absolutely necessary that any of the articles you name should be sealed while hot; yet it is safer.

4. Recipes for canning string beans have been given several times in this department.

5. I might say the same with regard ts preserving fruits and vegetables by the cold-water process. Keep them upon the loc until you are ready to put them up. Sterilize tops and rubbers in boiling water. Pack fruit or vegefables in glass jars; set under cold running water until the glasses overflow; clap on the tops while the water still rups over the jars. Some set the jars in a deep pan

Here is a list of suggestions worth reading—and recollecting—from a valued contributor:

To preserve real thread lace from turning dark after it has been cleaned, lay it away in a box with a mixture of pulverized magnesis and French chalk, equal parts, sprinkled plentfully in the folds.

To remove real informatic Cover the spots with salt, moisten with lemon juice, let the article stand at time, adding more salt and lemon. If not successful with these, use for fast colors muriatic acid. Spread the cloth over a large bowl of hot water, touch and the spots with a drop or two he add when the run desporation with the spots with a drop or two he add when the run desporation with the cloth dry spots with a drop or two he add when the run desporation with the cloth when the run desporation with the cloth and hen in water in which there is a little ammonia.

To bleach unbleached cotton the following is excellent: One pound of chloride of lime dissolved in two and a half quarts of warm water for a web of forty yards of cloth. First soak it in soapsuds. Put the lime in a strong bag, as it must not come in contact with the cloth, and when white boil and mase thoroughly. The lime will not eat the cloth if directions are followed.

Your remarks on kerosene were needed, for the indiscriminate use of it is dangerous. I knew of a very good lady who, being told to use it to help the growth of her hair, used it so freely that it penetrated and caused her such loss of mind that she forgot her own name. Sometimes I have used krosene in a family given to croupy colds. I mixed it with lard, which prevents all soreness, yet allows the oil to sfeet a cure. It may be rubbed on the most delicate chest. I have also used it as a gargle to prevent diphtheria, with good results. It releves on your have chally proceeds who gets 46 cents a down for fresh eggs. I should like to procure some such customers in this city for eggs and young chickens for broiling by the time I get to the point of selling.

In the Reighborhood of New York eggs not i

A lively young girl and a fastidious elderly single man have offered mild objections to the insertion in Our Exchange of any further information respecting the cleansing of ink and grease spots and the extirpation of ants. files, roaches and bedbugs.

The complaisant editor, in overhauling a mail one-third of which had to do with the subjects our girl and our bachelor would taboo, confesses to sore perplexity. She knows but one way of learning what are the wishes and wants of the majority of her correspondents; and that is to read their letters, to note their contents and heed the appeals therein conveyed. When ten housewives a day write feelingly of the miseries endured by them and their families through the invasion of insect pests. I have no right to disregard their cry for help. This is what our name denotes, a mutual benefit association of practical housemothers.

Each member, writing in good faith of her experiences in housekeeping and home-making, and with a sincere desire that others shall profit by the story of her successes and her failures, has a right to be heard.

I have but one amendment to offer to the directions for cooking rice
given by "Mrs. W. K.," of Chicago.
"We" cook an even cupful of raw rice
rapidly in two quarts of salted boiling
water for about twenty minutes, giving
the saucepan a sharp shake now and
then to keep the zice from sticking to
the bottom or sides. When it is tender,
which we ascertain by biting into a
grain, the water is all drained off, and
the open vessel of rice is set at the side
of the range to dry off. And every grain
of our rice has a separate and distinct
character of its own.



Scotch Broth. No. 2. Scotch Broth. No. 2.

To Make this requires two pounds of neck mutton, a large slice of turnly, two slices of carrot, one onlon, a stock of celery, half a pint of barley, three pints of cold water, one tablespoonful of flour, one tablespoonful of flour, one tablespoonful of flour, of chopped parsley. Cut the meat from the bones and remove all the fat. Cut the meat into small pieces and put into the soup pot with the vegetables cut fine, and the water. Simmer gently two hours. Put one pint of water on the bones, simmer two hours and strain into the soup. Cook the flour and butter together until smooth, sit into the soup, and season with all and nepher.

E. C. P.

Scotch Broth. No. 3.

One quart of strong mutton stock, from which every particle of fat has been removed. The liquor in which a leg of mutton has been boiled with do well for this purpose. Boil it down for an hour before making the broth, as it should be airong.

One cupful of barey that has been soaked in tepid water for three hours; one large carrot, one turn a two onlong, four stakes of celery, had a cupful of green peas and the same of tring beans; parsley and four or five leek togetables up small and parboil them for ten minutes. Drain and put over the fire in the stock. Simular slowly for three how, have ready a roo, white roux, madery heating a heaping tablespoonful of better in a pan and stirring into it a table-beauty of flour. Add a few specially of the souly to thint; and str isse the broth. Boil one minutes and serve.

This recipe, given to me in rhymes a century old, by a distinguished professor in the University of Glasgow, is the genuine Scotch broth dear to the Scottish heart and stomach. It is nowhere else as delicious as in the Highlands, but it is good everywhere.

Boil for ten minutes in hot saired water; drain this off and cover with cold, slightly saited. Bring quickly to a boil, cook the onions until soft, but not until they break to pieces. Sprinkle the bottom of an earthenware baking dish with fine crumbs; arrange the onions in dish, sprinkle with more bread crumbs, moisten with some of the water in which the onions were cooked, dot the surface with butter and set aside until about thirty minutes before serving; then place them in the even.

B. A. T. Cream Peppermints. Oream Peppermints.

Put a pound of white sugar and one and one-half teaspoonfuls of cream of intrar is a teacupful of cold water. Sti mail dissolved, then boil until a little of it, cooled in water, can be rought of the and with the fingers, and be rought of the analysis of the cooled in water, as be rought of the all with the fingers little and beat with a spoon until to the cooled in water, and beat with a spoon until the cooled in the still beat of the cooled in the cooled

W. O. P. SCYCHICA & CO. WOULD BASE.

spoonful of it a table conful of the hands.

Devil's Foog.

Devil's Foog.

Devil's Foog.

Devil's Foog.

To one cup of sweet milk add me cup of sweet chocolate; cook a few minutes until it is smooth.

One-half cup of butter and one cup of sugar; stir to a cream; add volks of two cases, one-half cup of sour gream; one very ywhere.

When thoroughly mixed, add the cooked ingredients above, and last the whites after two eggs, batten to a stiff froth. Flavor with vanills. Bake in layers and put to gether with white teling, chocolete teling of caramels. Mrs. W. H. T. Chamber of the correction of the caramels.

BOARDS

Unanimity on In and the Legi Present tand

Prince Albert, ond convention boards of trade of Albei katchewan opened here there being about 150 de sent. The chair was take of Cal dent Hutchings spicuous among those Hon. W. T. Findlay. the Alberta Governm Brownlee of the C.P.R., and Supt. Abbott of the

After the president's election of officers was President-P. McAra, 1 Vice-Pres.-K. W. monton

2nd Vice-Pres.-W. Cous icine Hat. Secretary-B. W. Albert. McAra Takes Cha

when the convention got business, and proceeded wi olutions. Watered Stock

H. W. Laird of Regina | resolution dealing with t tion of watering the stoo stock companies. He instan the public get fleeced by was seconded resolution T. Hunter, Regina. The r unanimously passed.

Insurance President McAra vacated to introduce a resolutio with insurance companies. ject of the motion was to surance companies to place government sufficient securi er their business and to pr insertion of any stipulation policies limiting the liabili companies. The motion wa ed by Jas. Weir, Strathconder some discussion adopted

Coal Supply Hugh McKellar of Moose sented a resolution calling Dominion government to commission to investigate tion of the coal supply in t The reason the federal gover being appealed to is that the troit the coal areas under, onomy Act, the province he say in the matter. The rewas adopted.

Natural Gas

The question of conserving tural gas of the province of particularly was brought up tion of Mayor Cousins of Hat. Hon. W. T. Findlay the Alberta government wo in legislation dealing with ter at the next session.

Motion Withdrawn

A resolution dealing with provement of passenger serv standing to be presented l Jaw and by consent of the from that place it was wit

No Government Owners A motion dealing with the ment ownership and operation ways was introduced by W. nie of Indian Head and sec C. R. Rigby, Balgonie. Thi tion was defeated.

Settlers' Rights At the meeting of the co this morning, A. Z. Whitn ed a resolution asking the department to publish the settlers from railway compa delayed in transportation. the case to such a large en

spring. The motion was sec C. C. Rigby, Balgonie. The Fuel Question The question of fuel sup up on motion of Jas. Leslie toon, who urged that the S effective efforts to prevent a ine such as we had last win Brownlee stated that in the territory under his supervis was consumed last winter tons of coal, which means a cars a day for three mor thought that the sale way i dealers and consumers to s before the crop begins to m convention did not take a

stand in this matter till la program. The next question dealt w the better equipment of rails in the west. There was n tion to this resolution.

1

Navigation Jas. Bradshaw, Prince moved that the Dominion go survey the Saskatchewan a hundred miles west of to Lake Winnipeg. The



guarding a bath room and everything in it from being defaced while cleaning is in progress.

Of course, where there is a house-maid's closet, with hot and cold water faucets and a waste basin of ample dimensions for receiving pails of water dashed into it in a hurry, the bath room can then be locked and kept in perfect condition against the coming of the family who are to live in the house. But then the waste basin should have something placed in the bottom to hold back all clogging stuff, or that pipe may get choked. An ordinary wire sieve set in over the opening, or an old colander, will answer the purpose. They can be lifted as often as necessary and the dust and refuse collected therein sent below to the garbage can. But if there be no such place convenient for the workers to use, they will have to go to the bath room, for the steps of day-by-day toilers should always be considered and no more imposed upon them than the exigencies of the occasion demand. Therefore, if the bath room must be open to them, every means should be employed to protect it from injury.

KEEP PLUMBERS AWAY

By Mary E. Carter Copyright, 1905, by A. S. Barnes & Co.

ETIQUETTE to hold back the matted stuff that commonly collects at those times. This is one of many instances, during house-cleaning when the proverbial ounce of prevention spares some one pounds, shillings and pence of expense for cure. An carly call upon—and from—the plumber for repairs is not invariably fraught with unalloyed pleasure to a household, either immediately or when the inevitable bill is presented for payment. Far better, by a little forethought and painstaking, avert possible mischlef than experience the vexatious consequences of one's own omission to safeguard exposed places. It is childish to blame others for damage occurring because of our own indolence or negligence. Better is it to accept blame with responsibility, and be wiser the next time. Copyright, 1905, by A. S. Barnes & Co.

URING periods of cleaning and settling it is very essential to guard bath rooms against abuse through misuse. Scrubwomer and those who generally do rough work cannot be expected to realize the very great importance of keeping everything that pertains to a bath room in dainty condition, for they have neither training in nor time for careful ways, and are usually much hurried, going from place to place about a house doing the hard work that falls to their lot. Therefore they are not to be blamed for any damage, if no provision has been made by a responsible and interested person for guarding a bath room and everything in it from being defaced while cleaning is in progress.

USEFUL FURNISHINGS There are various inexpensive conveniences and aids to tidy housekeeping which make small extra jobs that are much easier attended to at settling time

than later on, when everything is in One very great convenience in a bath room is a towel bar at a suitable height, placed against the wall all around the room, except where it would interfere with other stationary furniture. Bars of heavy glass or nickel plate are easiest kent clean.

choked. An ordinary wire sieve set in over the opening, or an old colander, will answer the purpose. They can be lifted as often as necessary and the dust and refuse collected therein sent below to the garbage can. But if there be no such place convenient for the workers to use, they will have to go to the bath room, for the steps of day-by-day tollers should always be considered and no more imposed upon them than the exigencles of the occasion demand. Therefore, if the bath room must be open to them, every means should be employed to protect it from injury.

KEEP PLUMBERS AWAY

Before any cleaning begins the floor, if of hard or stained wood, ought to be covered with strong paper fastened down to keep it immovable under the treading of feet. There is a stout dark paper which comes in rolls for protecting floors during cleaning times, always used by skilled floor polishers, that bears very hard usage without tearing. This paper is the best thing that the writer knows of for such occasions. The bathtub and the basin can both be protected by placing in each, over the waste exit. the in-ia rubber mats that come for that purpose. Upon these palls can stand without marring the porcelain or marble.

Waste water should never be thrown into a bathtub because it makes extraordinary (leaning frequently necessary to prevent staining the tub. Whatever place may be chosen for getting rid of the dirty water during cleaning times, sigilance will be requisite to avoid choking the pipes, and something easily relative to the provided with a large sponge-holder also, either of metal or india rubber. They all should hang, not stand, on the bath tub's edge. Over the stanton or the face basin, or else beside it, another soap-holder should hang, not stand, on the basile or on the bathub, because when left on those places they are apt to get pushed about. A set of inclosed hanging shelves can be used for many things needed in a bath room: the ways to be used in preserving order. In fact, that of the workers were allowed to stand or th

paved back yard—but in the open air, and, when practicable, in the sunshine. Fresh air and sunlight are the sworn enemies of malevolent

When you close your quarters for the summer—or for the winter, for that matter—have every rug well beaten. Flexible rods that do not abrade the nap or break the web are best for this purpose. The wrong side of the rug should be beaten first. To pound the right side is to drive the dust into the fluffy surface. When thoroughly beaten, the rugs should be as thoroughly sun-ned. If this cannot be done, make a "smudge" of sulphur scattered upon a pan of burning coals in the bottom of a large packing box, and lay the rugs, one by one-wrong side down-over the fumes, shifting to subject a new part of the fabric to the disinfectant every few minutes. Don't wait for the smell of the sulphur to leave it before rolling the sulphur to leave it before rolling the rug, wrong side out, in burlaps or stout, unbleached muslin. Sew up one end, drop into the hollowed centre a handful of camphor balls, close the open end securely, and defy moth and microbes for the next ten years. If no eggs and larvae are left in the rugs and the sewing is properly done, hone can get in properly done, none can get in. There is no such thing as spontaneous generation.

THE OTHER SIDE

Coming home after a summer by lake or sea or among the hills, all you have to do with the coverings is to rip out the stitches, put away the wrappings for next season, air the rugs for a few hours to rid them of down upon freshly polished boards, Some of us live in houses which were built before the hardwood era. The refuse boards mentioned awhile ago are irregularly laid and of soft wood that does not take kindly to paint or varnish. Carpets are a necessity—more's the pity! To lift them every spring involves labor, expense and inconvenience to the woman of limited means, which she can ill efford. They cannot be proposed.

can ill afford. They cannot be prop-erly beaten on the roof or in the

back yard; a man must take them up, and a professional "carpet man" must lay them down. When these things, and the duty of weekly sweeping and daily brushing are

taken into account, our economist

and seal under water. Keep in a cool, dark place.
6. No; you must have self-sealing jars.
7. I doubt it. If the skins are left on, the tomatoes will not absorb the salt. If they are removed, the tomatoes will liquety in the salt.