

## Health and Home

**A Delicious Omelet Soufflé.**—For an omelet soufflé separate six eggs, measure and sift three tablespoonfuls of powdered sugar. See that the oven is hot, and have everything in readiness. Beat the whites of the eggs to a very stiff froth. Beat the yolks of the eggs; add lemon to the whites; add a tablespoonful of lemon juice; mix quickly. Heap into a baking dish, dust with powdered sugar, and bake in a quick oven for five or eight minutes. Serve hot and as quick as possible.

**For Whooping Cough.**—An excellent remedy for whooping cough, a medical journal states, is to pour boiling water on flax seed, steep it for some time, strain, to every pint of tea add enough granulated sugar or honey to make a thick syrup; after boiling them together a few minutes put in the juice of two lemons. A few spoonfuls taken at regular intervals will soon relieve the cough.

**Beef Cakes.**—Mince the meat very fine. Boil and mash potatoes equal to one-third the quantity of the meat, mix them together thoroughly, season with pepper and a few sprigs of parsley minced. Add the beaten yolk of one egg to bind it. Wash and flour the hands, then make the mince into cakes about the size round of the top of a tea cup, and fry them brown in a hot butter or beef dripping.

In preparing apple fritters make a batter with one cupful of sweet milk, one teaspoonful of sugar, two eggs, whites and yolks beaten separately, two cupfuls of flour sifted with one teaspoonful of baking powder. Chop or cut fine four tart apples, mix with the batter and fry in spoonfuls in hot fat. Serve with maple syrup, made by boiling one cupful of sugar with one-half cupful of hot water.

**Mrs. Rorer's Lemon Sandwiches.**—Lemon Sandwiches are made by soaking both the bread and the butter. Trim the crust from a loaf of fresh bread; put it into a large butter-pot or soup tureen, and surround it with lemon peel. Take a sufficient quantity of butter, about half a pound, cover it over with grated lemon, wrap in wax paper, put it also in the tureen and allow it to remain over night. When you are making the sandwiches, rub the butter down until a little soft; add gradually the juice of one lemon and four tablespoonfuls of finely-chopped parsley. Spread it on the bread, put two slices together, and cut into the desired shape.

**Christmas Cake.**—1 lb. raisins, 1 lb. currants, 1-4 lb. peel, 1-4 lb. almonds, 1 lb. melted butter, 1 lb. eggs (6), yolks and whites beaten separately; 1 lb. dark brown sugar; 1 lb. flour; 1 cup milk; 2 dessert spoons baking powder; flavor to taste. Mix all well together, adding the butter and whites of eggs last, and beat for 20 minutes.

**Christmas Plum Pudding.**—1 lb. suet; 1 lb. currants; 1 lb. stoned raisins; 6 eggs, well-beaten; 1 grated nutmeg; 3-4 lb. bread crumbs; 1-2 lb. flour; 1-2 pint milk. Flavor to taste. Chop suet finely, mix with dry ingredients. Stir these well together and add the eggs and milk. Beat the mixture well. Sufficient for seven or eight persons.

### A Canadian Catalogue.

A well-known Toronto book house is now sending out a very interesting list of early native books and scarce pamphlets.

Some of the items are of peculiar interest, and many of them quite rare. "Christie's Lower Canada," "Haliburton's Nova Scotia," "Cartwright's Labrador," "Theller's 1837," "The Canadian Antiquarian and Numismatic Journal," "W. Lyon Mackenzie's Grievances," "Anglo-American Magazine," and "Anduinbeck's 1812," etc., etc. Any of our readers who are interested would do well to address a letter of inquiry to Williamson & Co., Toronto.

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We are always glad to receive the Bibelet (T. B. Mosher, Portland Maine; current numbers 5 cents each). Many of our readers will not need to be told that this tiny volume, which appears each month, is "A reprint of poetry and prose for book lovers, chosen in part from source editions and sources not generally known." Mr. Mosher's name is identified with high class literature, and beautiful typography. Those who wish to receive a choice specimen each month will do well to forward at once the 50 cents for next year. The issue for December contains the following selections from Swinburne: 1. Memorial Verses on the Death of Theophile Gautier. 2. Ave atque Vale. These poems have already made their mark, and many will be glad to have them in this handy form. Of the first poem, Mr. E. C. Stedman says: "The 'Memorial Verses on the Death of Theophile Gautier' are also beautiful. They are composed in a grave form of quatrains resembling, though with a difference, Fitzgerald's 'Omar Khayyam.' The elegy is the longest of Swinburne's contributions to a volume in which eighty poets of France, Italy and England united to lay upon the tomb of Gautier a wreath more profuse with laurels than any other which has been recorded in the history of elegiac song. The same authority tells us that the full bloom of Swinburne's lyrical genius appears in that large moulded ode 'Ave atque Vale.'"

As the publisher of choice literary and artistic books, Mr. R. H. Russell, of New York, has made for himself an enviable name; in all his publications the highest development of the printers' art is combined with the best illustrative work. Even the Russell catalogue of books is admitted to be the finest of its kind. We have just received from this well known house two of its most recent productions, "London Types," by William Nicholson, drawn in his bold and inimitable style, consisting of twelve familiar London types. These prints are remarkable lithographic fac-similes of the original drawings, rendering in perfection the artist's fascinating use of color. The set of quatorzains, one of which is opposite each "type," is the work of W. E. Henley. "The Adventures of the Lady Ursula," is recognized as one of Anthony Hope's most delightful bits of work since the "Dolly Dialogues." This book is beautifully illustrated with six exquisite illustrations done in photogravure, cover in silver decoration. R. H. Russell, publisher, 3 West 29th Street, New York.

Le Soleil for the 3rd inst. contains an appreciative review of Mr. Lighthall's "The False Chevalier," or the Life Guard of Marie Antoinette," by Sir Jas. M. LeMoine. The reviewer refers to the author as "a distinguished member of a group of brilliant literary men belonging to Montreal," and names in this connection Revd. McLennan, Drummond, Martin, Smith, Murray, Starke, Weir, etc.

#### Marriages.

On October 31st by the Rev. J. J. Cochrane, William David Cochrane, Bachelor, to Miss Elizabeth Jane Gauley of West Essex.

At Winnipeg, Man., on November 16, by Rev. C. P. Pibbado, F. J. Radford to Miss Olive Barton, both of Winnipeg.

At Revelstoke, B.C., on November 30, 1898, by the Rev. Dr. Drew, John Morrice Roger Fairbairn, of Kaslo, B.C., to Hannah Louisa, fifth daughter of Mr. Thomas Macfarlane, of Ottawa.

At the residence of the bride's parents, Sixth Ward, on Wednesday, November 16, by the Rev. W. R. McIntosh, B.D., Miss Marie McCampbell to E. H. Coulter, of Kilday.

In Montreal, at the residence of the bride's sister, on December 6th, 1898, by the Rev. Dr. Mackay, James C. Wilson to Katie E. Simpson, eldest daughter of John Taylor.

At Bimbrook, Ont., on November 30, by the Rev. Wm. Walker, assisted by the Rev. Mr. Ferguson, Jennie, daughter of Mr. Robert Wright, to Abiathar Marshall, all of Bimbrook.

At London, Ont., on November 30, by the Rev. Robert Johnston, P. Bruce Wallace to Miss Lillian M. Forsythe.

At Ramsey, Ont., December 1, by Rev. G. T. Bayne, John Thom to Agnes Elizabeth Neilson.

#### Deaths.

At Winnipeg, Man., on November 28, Caroline Taylor, beloved wife of John Watson.

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