

with rogues, neither sell their votes, nor betray those who trust in them. They will carry the blessed home-made atmosphere of truth and kindness with them, and with hearts free from guile, and minds unselfish, they will lift the nation higher and make it better.

The Influence of a Health-Home.
From The Mothers' Magazine.
Mrs. Ella F. Young, superintendent of the public schools of Chicago, has coined the expression "a health-home" in this manner:

"In a long experience with public school work and children who enter into it I have come to quickly recognize the force and power of those children who come from the health-home. I call the health-home one in which the care of the body works harmoniously with the care of the soul.

"Children from such homes have even temperaments, sunny dispositions. Generosity—not extravagance—is a part of their natures, and they are helpers in anything to which they turn their hands. The ambitions of their spirits are matched by strength of body, and we find them to be the most well balanced of all pupils.

"I have had frequent occasion to investigate the cause for the superior nature of such children, and have almost invariably found that it was due to a home discipline which compelled them, not through force, but through gentle education, to think of the welfare of their bodies. They were taught not to be ashamed of their bodies, but to be proud of every ounce of strength and energy which they added to them. The main principle of the health-home is educating the child to a knowledge that a sound body and a sound mind are partners."

Home—the hidden places where hearts are at rest, the quiet, restful spots where there is perfect understanding, where spirit responds to spirit harmoniously, where Love is queen.—Selected.

RECIPES

Prince of Wales Cake.—One cup sugar, one-half cup butter, one-half cup sour milk, one-half cup raisins, two cups flour, one tablespoon molasses, one teaspoon soda, pinch of cloves and nutmeg, yolks of three eggs.

Filling.—One-half cup sugar, one-half cup water. Let come to a boil and add one heaping tablespoon cornstarch mixed with an egg and a little water.

Apple Cake.—One and one-half cups of apple sauce cooked very fine, 1 cup sugar, one-half cup butter, three tablespoons molasses, one cup seeded raisins, two cups flour, one teaspoonful cinnamon, cloves and allspice, 2 full teaspoonful soda dissolved in 2 of water.

Scripture Cake Recipe.—To find the ingredients look in the Bible for chapter and verse as indicated in the recipes: Four and one-half cups of 1 Kings 4:22; one and one-half cups of Judges 5:25; last clause; 2 cups of Jeremiah 4:29; 2 cups of 1 Samuel 30:12; 2 cups of Nahum 3:12; 1 cup of Numbers 17:18; ½ cup of Judges 4:19; last clause of verse; cup of Jeremiah 17:11; 2 tablespoonfuls of Samuel 4:25; 2 teaspoonfuls of baking powder; 1 pinch of Leviticus 2:13; season with 2 Chronicles 9:9. Follow Solomon's prescription for making a good boy. Proverbs 23:14.

Walnut Cake.—Four eggs, 3 cupfuls of flour, ½ cupful of butter, 3 teaspoonfuls of baking powder, ½ cupful of milk and 2 cupfuls of sugar. Proceed in the usual manner to make the cake, and just before putting the two layers in the oven sprinkle 1 small cupful of chopped nut meats on each. Bake slowly, and ice with a boiled icing.

Apple Filling.—Grate 2 large apples, add the grated rind and juice of 1 lemon and 1 cupful of sugar. Place over hot water and cook for 5 minutes after it begins to boil. Beat the whites of 2 eggs to a stiff froth, pour over them the hot apple mixture slowly, beating all the time. Beat until partly cool; spread between layers and on top.

Salt Rising Bread.—Boil, at night, 1 teacup new milk and pour over 2 tablespoonfuls corn meal. Let stand in a warm place over night. In the morning add a teaspoonful of salt and a tablespoonful of sugar, a teacupful of tepid water and beat in flour enough for a stiff batter. When light, sift 1 quart of flour for each loaf of bread needed, add lard and salt, then knead, mold and put in pans. Let stand in warm place till light, when bake in moderate oven.

Pumpkin Custard.—For pumpkin custard pare a ripe pumpkin and cut it into cubes. Steam with a little salt until tender. The pumpkin should be very dry. Press through a sieve, add a generous lump of butter, and set aside to get cold, overnight, if possible. Add a pint of milk, 3 eggs beaten up with a cup of powdered sugar, some cinnamon, and the juice and grated rind of a lemon. Bake in small custard cups for one hour in a moderate oven. Serve cold with whipped cream.

Nut Filling.—Boil 2 cupfuls of sugar and 1 cupful of water, without stirring, until a little dropped into cold water will form a soft ball when gathered between the fingers. Beat the whites of 2 eggs until stiff. Pour hot syrup over them in a fine stream, beating all the time; continue beating until cold. Add a teaspoonful of vanilla extract. Spread between layers and on top. Each layer is sprinkled with blanched almonds or shelled walnuts, cut small. Decorate the top with whole nut meats.

PANCAKES.

How to Cook the Cakes in Good Old English Style.

English cooks, who are supposed to have the hereditary secret for making these pancakes, declare that it is much easier to fry them in a small pan than in a large one, and that the batter should be prepared two hours before it is required for use.

The number of eggs used depends on the number of people to be served. Two tablespoonfuls of flour and a quarter pint of milk should be allowed to each egg. Make the batter quite smooth and about as thick as a custard.

There is quite an art in turning pancakes. They should be fried exactly five minutes, after the frying pan is hot. Sugar the pancakes lightly with a dredger, and then fold them. Sometimes a little chopped apple or a few spoonfuls of currants are dropped in the batter. But the true old English pancakes know not these additions. Serve with a dish of red raspberry jam.

Cake to Imitate Playing-Cards.—To make these cakes, use a recipe for a good fine-grained cake. Bake in shallow pans, so that when cut the pieces will be very thin. Cut in the shape of cards, frost with white frosting, and use candied cherries to show the spots on the cards. Hearts and diamonds may be cut from the cherries with a knife, or use the cherries whole to imitate the ace, the three or six spot, as desired. A cookie instead of a cake mixture can be used. These cakes are very nice for refreshment at a card-party.

Rolls Jelly Cake.—Three eggs, the yolks beaten with one cup of sugar; two tablespoonfuls of sweet milk. Beat the whites to a froth, then thoroughly with yolks and sugar; mix one heaping teaspoonful of baking powder with one cup of flour; add to the other ingredients; flavor with lemon and bake immediately in moderately hot oven. While hot remove from pan and lay on cloth wet with cold water; spread with jelly and roll quickly; sprinkle with powdered sugar.

Mince Meat.—Three bowls of meat chopped, 5 bowls of apples, 2 bowls of raisins, 1 bowl of cider, 1 bowl of molasses, 1 bowl of vinegar, 1 bowl of butter (may be left out), 5 bowls of sugar, 2 tablespoonfuls each of cinnamon, cloves and nutmeg, 1 of pepper and 1 of salt.

Fruit-Cake.—Two and one-half cups granulated sugar, three and one-half cups flour, three teaspoonfuls baking-powder, sifted several times with the

flour, one-half pound butter, two pounds seeded raisins, two pounds currants, one-half a pound citron, one-half a nutmeg, grated, one teaspoonful each, clove, cinnamon, allspice, and ginger, seven eggs, white and yolk beaten separately, and one and one-fourth cups sweet milk. Mix, adding the beaten white of the eggs last. Bake two hours in a moderate oven. This makes a large cake.

Light Fruit Pudding.—Work one half-cupful of butter until creamy, add two tablespoonfuls of sugar, two eggs well beaten, one cupful of milk and two cupfuls of flour mixed and sifted with three teaspoonfuls of baking-powder; then add three fourths of a cupful of raisins seeded and cut in pieces, one-fourth of a cupful of citron thinly sliced and cut in narrow strips; fruit to be dredged with one fourth of a cupful of flour. Turn into a buttered mold, tie down cover and steam one and one-half hours. This recipe is given in consideration of the children.

Checker Board Cake.—Make in separate batters. For the dark one take one-half cup of butter, one cup of brown sugar, two and one-half cups of flour, one teaspoon of baking powder, yolks of four eggs, one-half cup of milk, and one level teaspoon each of cinnamon, cloves, and allspice. For the light one-half cup of butter, one cup of sugar, two and one-half cups of flour, one teaspoon of baking powder, the whites of four eggs, one-half cup of milk, and one teaspoon of lemon. Bake in layer cake pans. In the first pan put in the center the dark batter, and white around it. In the second pan put the white batter in the center with the dark on the outside, and the next one like the first. Frost with any desired frosting, and pipe up alternately, the light center and dark. When it is cut put a small glass on top in the center of the cake and cut down through clear around. Then cut from the center out and the pieces will all be the same size and like a checkerboard.

THE DELIGHTFUL SCOTCH SCONES.

Griddle Scones.

One pound flour, a quarter teaspoonful of salt, one tablespoonful of butter, one tablespoonful of baking soda, one teaspoonful of cream of tartar, one teaspoonful of sugar. Rub the butter finely into the flour; add the other ingredients, then make quickly into a soft dough with buttermilk. Divide into four pieces, make each piece smooth and round; roll out, divide each piece into four small scones, and bake slowly on a hot griddle. They ought not to be handled much or they will be tough.

Oven Scones.

Rub two ounces of butter finely into one pound of flour, add one ounce of sugar, a quarter of a teaspoonful of salt, one teaspoonful of carbonate of soda, two teaspoonfuls of cream of tartar. Beat up one egg, put half of it into a cup, then with one half of it and some sweet milk make the other ingredients into a soft dough. Knead it a little on a floured baking board, divide it into five pieces, make them smooth and roll out, not too thinly; cut them into four small cakes. Lay them on a greased baking tin, brush them over with the egg, and bake them in a hot oven for ten minutes. Two ounces of sultana raisins may be added. The dough should always be lightly handled.

Potato Scones (No. 1).

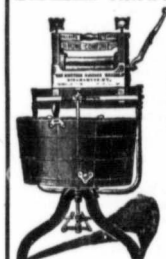
These may be made with potatoes left over from a dinner, but they are much more prepared with potatoes freshly boiled. Put potatoes, mashed in a baking board, and add as much flour as potatoes will take in. Then form in little rounds, pat lightly out with the hand; add a little flour; bake on a griddle. When cool roll up in a towel till wanted. These will not keep more than a day, and can be used at once.

Potato Scones (No. 2).

Six or eight potatoes, flour, salt and a little sugar. Peel and boil the potatoes, with salt in the water; steam and mash. Take out a large tablespoonful on the bake-board, and add to it half a teaspoonful of sugar and

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