

ing in its depths. She has chased the king

poisonous and should be avoided as a pesti-

marked dangerous, then indeed is life

with the cheerful indifference, though not.

alas! the happy ignorance of our forefathers.

unwholesome fare since so many of them

It is just as well to die of mushrooms or

oysters, or one imprudent indulgence in

water cress, as of slow starvation; so let

us, "my dear friends," as Mr. Chadband

would say, partake of the good things in

Here are a tew miscellaneous recipes

Good Kitchen Utensils.

As fast as you can, acquire good kitchen

Baked Hominy.

Hominy Croquettes.

To a cupful of cold boiled hominy add a

Baked hominy is often a good dish to

which are guarranteed to be harmless.

lence.

If science makes many more strides, and | once; timid people give up eating beef feeling sure that they might as well take to the microscope goes on wresting their most cherished secrets from both nature a diet of arsenic, or strychnine at once, sugar, one ounce of candied peel, cut into and art. I am afraid the problem of exist- and beef goes on the condemned list as a thick slices, six sweet and six bitter aldeleterious article of tood ! ence will soon be solved by the gradual

dying off of the human race, from deliberate starvation ! I say the problem of existence, because as the majority of the population die off. there will be plenty left for the survivors to live upon, and consequently those who are blessed with a healthy appetite and freedom from fads, can riot on the fat of the land, and take the goods the gods send, with untroubled consciences.

I remarked some time ago that this was the age of fads, and lately I begin to think that the riding of hobbies is not confined to individuals, but that classes, protessions and even science itself would seem to be afflicted with the general weakness. It is an actual fact that the wildsst faddist of today need not lack confirmation for this most irrational theory, and support in his y most extreme views if he only knows enough to consult the medical journals.

From time to time the cranks of the world have been given to discovering either sudden death or slow poison in the commonest articles of food, the ordinary staples of daily consumption which we have always regarded just as necessary to him, that he may be a toadstool in disguise. existence as the air we breathe, and which we absorbed just as naturally and unthinkingly.

For instance, a tew years ago a slice of fresh bread was considered not only a perfectly harmless luxury, but absolutely wholesome as an article of diet ! Now however, the scientist has discovered that the fermentation of the yeast, used in raising the bread, generates a poisonous fungus which is extremely dangerous to the human system, and which does not die, until the bread is two or three days old. I should think that it would be almost as dangerous dead, as alive, but there I am not a scientstaff of life a foremost place on the oyster has always been such an expensive oven, and, when cold, cut the cakes in list of dangerous articles of food. Theretore sensible people must not eat fresh bread. Then another searcher after truth in its most disagreeable form, found out that nearly every cow, regardless of age no longer worth living, and the only remor sex was suffering from some form of edy I can see is to go back to first pleuro-pneumonia, latent, or otherwise principles, and eat and drink our poison unlike the human victim of this dread disease. The cow in question might be perfectly ignorant of her state of health, They ate, drank and enjoyed themselves, she might enjoy sound sleep, take her meals and they must have thriven on their with regularity and relish, marry and bring up an interesting family, and in short engage in her her accustomed asociations lived to a great age. without once suspecting that she was dying on her feet; and at the same time absolutely filled to overflowing with "germs." She might have lived to a green old age, and died a peaceful death had it not been this world, with thankfulness and moderatfor the ever-active man of science, who ion, not torturing ourselves too much over comes along with little inoculating apthe possibility that they may not agree paratus and thermometer, and proceed to with us. Dyspepsia is bad enough when inoculate the cow with something which it comes, so why anticipate evils which he calls virus, and which permeates the cow may never exist? system in a certain time and irritates it into feverish symptoms. Then the thermometer comes into play, the victim's temperature is taken, and the man of science yells in horror :- "My dear sir, your cow is injected with pleuro-pnenmoria! She utensils. Nothing so much expedites work has probably had it all her life and very as plenty of the proper kind of tools. The likely before she was born ! You must have best vessels to cook in are earthenware. her slaughtered at once, and every calt she For cereals and fruit nothing else should has brought into the world for the last ten be used. So much of the tin made now-ayears !" days is poor and the tin cooks off in acid "But," says the cow's owner, " we have fruits, and scrapes off when you are stirhad that cow a long time and we are very ring things. Iron pots and pans will fond of her, she is in perfect health and we darken almost everything that is cooked have always kept her milk for our own in them. Granite ware-the best-costs table and raised our babies on it, because a great deal and wears out in time, but it was so good and pure, and I am sure good earthenware lasts forever, unless you you would not find a healthier family in the are careless and break it. country." "No matter," says the man of science. "The only wonder is that you were not all poisoned long ago, and you'll serve at dinner with meat in place of potaprobably die of consumption as it is. That toes. To keep it from being dry or heavy cow must be killed." it is improved by adding an egg and milk. So the cow is sacrificed on the altar of Use that which is already cooked, and to faddism, and probably half a dozen more each cupful add a tablespoonful of melted follow until the experimentor reaches some butter, a tablespoonful of salt, one or two healthy young bovine on whom the inoeggs and a cupful of milk. Add the bestculation fails to "take" and then he triumen yolks to the milk, add the salt and mix phantly demonstrates the wonders of sciwith the hominy. Beat the whites of the ence, and pronounces the last patient the eggs stiff, stir it lightly and brown a light only cow of the entire herd free from the color in a pudding dish that is well rubbed taint. I wonder if it ever strikes that gifted with butter. man that there was nothing wrong with the cow until he put the fever into her blood himself, poisoned her, in fact? Was tablespoonful of melted butter and stir anyone ever vaccinated or inoculation hard, moistening by degrees with a cupful either without their temperature rising?

and then drop the butter in. When the fritters are brown and crisp serve them up hot and sprinkle with sugar. Little Loves.

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Take a quarter-pound of fresh butter and and beat it to a cream. Add four table. spoonfuls of fine flour, two ounces of loaf monds, blanched and cut lengthwise. The exigencies of space prevent me from Mix these ingredients together, form them enumerating at length all the poisonous into rounds and bake them in six pattypans. articles which the human race has been Sauce.-Half a bowl of brown sugar, hilariously consuming from time immemortwo tablespoonfuls of butter and a wine ial, and which we should undoubtedly be glass of rose water stirred to a cream. still partaking of in happy ignorance, had Dredge in a tablespoonful of flour, and add it not been for the intervention of science. a teacup of boiling water, stirring well for Suffice it to say that science has turned the two or three minutes; grate in half a nutsearchlight of her microscope-if I may be meg; use the moment it is done. It is a allowed to mix my metaphors a little-on delicious French dessert, although the title the innocent milk jug and found death lurkis so very homespun.

Banana Shortcake.

of terrors into another of his favorite lairs, Cream one-half cup butter, one cup of the comforting teapot, and she has corralled sugar stir in one beaten egg, half a cup of him in the tobacco pipe, the beer jug and milk, two cups of flour, and two teaspoonthe wine bottle. She has discovered that fuls of baking powder. Bake in round or the once highly-prized, but low-priced oblong tins. Over one cake spread a pint water cress has a decided affinity for of whipped cream. Sweeten to taste into sewage; that the most toothsome and exwhich has been stirred one large banana pensive ham ever imported from "the westsliced thin. Lay the other over it and ern city with the Roman name"-Cıncinserve very hot. nati-or cured by our own justly celebrated

Banana Blancmange.

Dunn, may be swarming with the deathless Into a quart of boiling milk stir four trichinæ; and she has not been satisfied to tablespoontuls of corn starch wet with a let the delicate mushroom rest under the little milk and a quarter of a cupful of vague suspicion which has always pursued sugar. When it thickens set aside to cool. When properly cold stir in a small teaspoonbut has clearly demonstrated that even ful of extract of vanilla and two or three when he can prove his right to the title of thinly sliced bananas. a mushroom of the purest blood he is highly

Bavarian Rusks.

Four ounces butter, four eggs, two ounces of sugar, one half pint milk, one All this was bad enough, of course; it spoonful of brewer's yeast, or one teaaroused unpleasant suspicions in onr spoonful of a good baking powder. minds, and made us disposed to quarrel two pounds flour. Mix the yeast with a with our bread and butter; but a worse little of the milk, which should be warmed. show was in store when science donned a add the sugar, pour it into the centre [of diving suit, and after bearding the retiring and exclusive oyster in his native vilthe flour in a deep pudding basin, and let lage, announced that he was composed of it stand to rise for one hour, add the little else but typhoid fever germs, of the remainder of the milk and the eggs, beatmost virulent type. This is indeed the ing the whole well with a wooden spoon. ist and like St. Paul speak merely as a last straw that a patient public can bear then put in a buttered tin, leave to rise fool. This discovery of course gave the upon its long suffering back! The for another hour, bake in a moderate



100 PRIZE MEDALS AWARDED TO THE FIRM. Purchasers should ask specially for Fry's Pure Concentrated Cocoa, to distinguish it from other varieties as ufactured by the Firm



"Oh, do be careful, please, you will wake

thin slices, dry in a quick over, having luxury that we felt certain he must be previously prinkled them thickly with genuine, if not "hand made" then at least "hand picked" and therefore reliable. sugar. But if he too is to be placed on the list

Veal|Cakes.

Stew the meat tender, chop and season : mix raw egg with mashed potato and sprinkle with flour ; cut into cakes ; lay on each a spoontul of meat, cover with another cake, press edges together and fry in deep lard.

Veal Cream.

Stew yeal tender, add one slice of onion, one-third of a cupful of raw rice; simmer one hour. Add seasoning, one cupful of hot cream, and serve.

Veal Sandwiches.

These are almost as good as chicken, and much cheaper, and the water in which the veal is stewed may go towards the next day's soup. Boil the veal until tender, and when cold chop fine. Mix with it a good mayonnaise dressing and ispread between slices of bread.

Beefsteak and Mushrooms.

Boil the mushrooms in milk for eight minutes, then season, add a tablespoontul of butter, and thicken with a little browned flour. Lay the broiled beefsteak, which has been boiling meanwhile, on a platter and pour the mushrooms and sauce over it. Canned mushrooms will do as well as fresh.

Fried Bananas

Cut in two lengthwise, dip in paste composed of two eggs, one level cuptul of flour one-half cupful of water, one-half teaspoonful of soda dissolved in hot water. Fry in boiling lard to a delicate brown.

Orange Marmalade,

Take a dozen and a half of fine ripe oranges. Grate the peel lightly off four of these, or scrape them with a very fine knite. The rinds of the other may be rejected. Pare the trnit carefully, removing the inner white skin as well as the yellow. Cut the oranges into the thinnest slices; remove the seeds. Put the fruit and grated peel into the kettle, and boil steadily until the pulp is reduced to a smooth mass. Take from the fire, press through a colander and stir in six pounds of best white sugar. Return to the fire, boil rapidly, and stir constantly for 30 minutes or until thick. Put in tumblers, and when cold store away covered in the usual manner. ASTRA.

Fashion's Fads.

"As well be out of the world as out of the fashion," says Colley Cibber and that we mostly all agree with him is shown by the agility with which we turn from one extreme to another in order to keep up with the race set by Dame Fashion. "What an ugly hat, or gown" we say, on being confronted by some novelty, but inside of a month, we are wearing a similar hat or gown with that complacent expression of milk, beating to a soft light paste. Put | which is the result of knowing we are up-

Baby's Own Soap **PRIZE COMPETITION** FOR BRIGHT CHILDREN. . .

A handscmely framed olegraph, one which will be prized in any drawing room (it has no advertising matter on it) will be given each week by the proprietors of Baby's Own Soap to the boy or girl under sixteen years of age, who will have sent during the current week the best advertisement, illustrated or not, suitable for publication in the newspapers for advertising Baby's Own Soap.

The prize winning advertisements will become our property and no others will be returned unless they will have been accompanied by postage stamps for the purpose. CONDITIONS: -1st. That competitors be under sixteen years of age.

2nd. That the wrapper of a cake of Baby's Own Soap accompany the advertisement.

3rd. That the age. name (in full) and address of the competitor be plainly written and attached to the submitted advertisement.

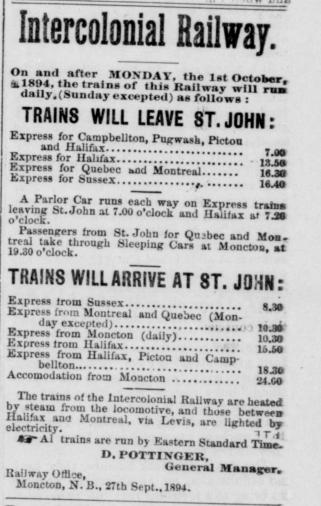
REMEMBER: One prize is given every week and if not successful at first, try

N. B. Two or more advertisements may be submitted at the same time by any competitor.

Address, E. D., Account Albert Toilet Soap Co., McCord and William Street, Montreal.

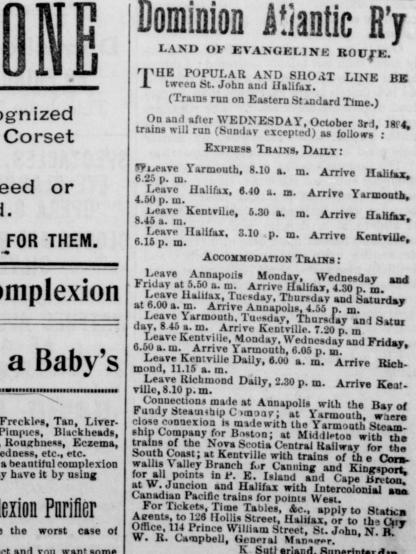


freckles, etc. If your skin is already perfect and you want some thing softening and cleansing try Jasmine 'Kosmeo

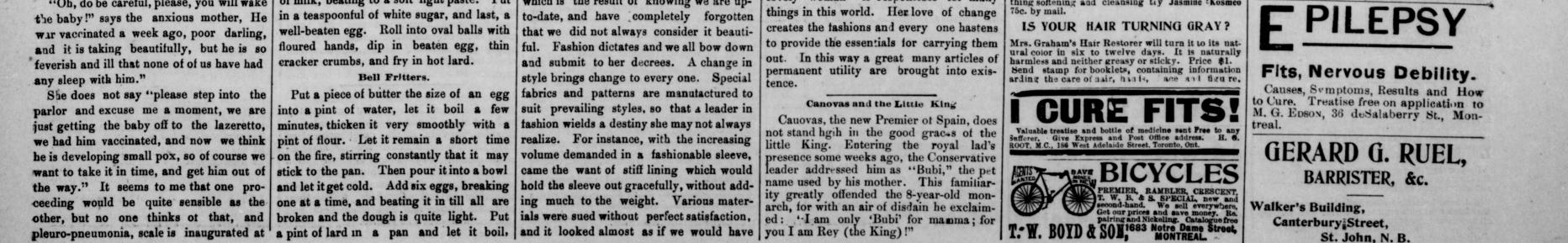


RAILWAYS.

and when I'm



K. Suti erland, Superinter den



again