

WOMAN and HER WORK.

A good many people seem to be under the impression that there is nothing in the world easier than making and baking cake. One would almost imagine, to hear them talk, that cake was a thing that almost made itself, you need only throw a w

bought at the baker's simply because the mistress of the house was either not strong enough, or not willing to undertake the work of making those luxuries, and the servants never knew how. So I think the art of cake making is a very desirable ac-

quite unnecessary to take the trouble of flouring that same fruit. And we don't hear about the plain cake which sank in the middle and was all sticky and soft because the flour was not accurately measured, and so there was too little to keep the other ingredients together. Those are little accidents scarcely worth mentioning—spots on the sun, as it were. But all the same they need never have happened if the cake baker had paid strict attention to business.

Every housekeeper should possess scales if possible, and a thermometer is also a good thing to have, but both of these can be dispensed with if the pantry contains a measure glass, which is one of the most useful things imaginable.

It is a good thing to remember that a pint is always a pound, and that "a cup" should mean half a pound, or half a pint liquid measure. Half a cup is a gill, or four ounces, four teaspoons are one tablespoonful, and two tablespoonfuls equal one ounce. These proportions are recognized as accurate, by all bakers. All the materials that the successful cake baker uses, must be of the best. It will not do to use eggs which are not fresh enough for the table, or that horror, to which some housekeepers seem so wedded, "cook-



SOME UP-TO-DATE COIFFURES.

These figures represent the newest styles for dressing the hair for opera or ball. The small ornament is to be worn just over the coil. Floral garniture should match on the hair and corsage.

materials together in the most promiscuous manner imaginable, and if you were what is called "lucky" you could place the mixture in the oven—any kind of an oven so long as it was not perfectly cold, and the result would be all that could be desired in the way of cake. "She is not much of a cook," says some veteran housekeeper, in speaking of a contemporary, "she never seemed to take to it, could not make a good baking of bread if her life depended on it, and knows very little about cooking meat or vegetables. Of course I know she has great luck with cake and pastry; but then that does not amount to much in housekeeping." It does amount to a good deal nevertheless. For this reason servant girls who cannot make fairly good bread, and biscuit, roast a joint of meat, or cook a plain dinner are comparatively rare. Such

compliment for any lady to possess. I think one of the first steps for the amateur cake maker to take is to get over the idea that the pastry cook's trade is all a matter of luck. As well say that the dressmaker who designs and makes a beautiful costume, is a "very lucky fitter." Cooking, like everything else, is a matter of skill and experience, and anyone who depends on accident or good fortune to help them out will probably learn experience through many annoying failures. Numbers of experienced housekeepers will tell you in a boastful tone that they never go exactly by a recipe, they "use their own discretion, and even when they have a recipe they improve on it as they go along, or change to suit themselves, but usually they just guess at the "quantities" put "sugar to taste" or "enough flour to make a pretty thick batter" and as much

ing butter." The butter used must be perfectly sweet, fresh, and free from salt, the eggs fresh, and the flour of the best. The pans must be perfectly clean and well buttered; the practice of lining the latter with paper is not only unnecessary, in my opinion, but very annoying as, it is difficult to remove and one is very apt to get a mouthful of paper more frequently than is at all pleasant, when eating the cake. The same cup should always be used for a measuring, so the quantities will be the same.

The rule in mixing cake is, first the butter, which should be thoroughly creamed, then the sugar, then the yolks of the eggs, then the milk, then the flour, a handful at a time, next the flavoring, and the fruit or nut which should invariably be well sprinkled with flour, to prevent them from sinking to the bottom of the cake, and last of all, the whites of the eggs which have been beaten until they can be cut into slices with a knife. The baking powder should always be sifted with the flour, and it is best to sift it two or three times. All cake—except, of course, sponge cake—should be thoroughly well beaten, otherwise the texture will be coarse and rough, instead of that velvet smoothness as much desired.

Square tins are preferable to round for all loaf cakes, and they should never be filled above an inch from the top else there is danger of the latter overflowing. The temperature of the oven is the most important part of cake baking, and if it is not just right the cake is apt to be all wrong. Too cool an oven will cause it to fall at once and one that is too hot scorches it before it has begun to cook properly. A very good test is to drop a little water on the bottom of the oven if it hisses, the temperature is just right for baking. Layer cakes require twenty minutes each, to bake, and loaf cakes vary from an hour to three hours, according to size, and kind. A broom straw is still considered the most reliable test, of the proper degree of baking. If it comes out clean the cake is done, but if any dough adheres to the end it requires more cooking.

Many recipes recommend the frosting of cakes while still hot, but this I think is a decided mistake, and the cake is much improved by being kept till the next day, before being frosted.

They... Have.... Got to.... HUSTLE.

I dare say many of my readers will smile at the minute directions I have given for such a simple matter as taking a cake; but they must remember that I am writing today not for those who know all about cake making, but for the very large proportion of people who don't.

I am very often asked for good recipes



ATTRACTIVE HOME TOILETTES.

The figure on the right is a boncle cheviot draped over black velutina, tailor stitched on all edges. The central figure shows a slate whorled gown bordered with black fur. The front has an opening with two flounces of black grosgrain. The gown is for an elderly lady. The figure on the left is a prune colored tulle silk bodied with ostrich feathers. The upper corsage is of black velvet, as are also the sleeves.

for angel cake—so called—and though it is far from being an easy task for a beginner to compound one of these indigestible confections, I submit two very good recipes.

Angel Cake.

Beat the whites of 11 eggs to a stiff froth; sift into them, a little at a time, 10 ounces or 1½ tumblerfuls of powdered sugar, mixing carefully and lightly; then sift 5 ounces or 1 tumblerful of flour 4 times; add a level teaspoonful of cream of tartar to the flour; sift it again, and then sift it into the egg; add a little at a time, mixing very lightly; when the flour is used, add a teaspoonful of vanilla, and put into an unbuttered pan; bake the cake in a moderate oven for about three-quarters of an hour; do not open the oven door for fifteen minutes; let cool slowly when taken from the oven.

Here is a good recipe for using the yolks that are left: Sunshine cake—Yolks of 11 eggs, 2 coffee cups of sugar, 1 coffee cup of butter, 1 coffee cup of milk, 3 coffee cups of flour, 1 teaspoon of cream of tartar, one-half teaspoon of saleratus. Flavor with vanilla.

Another Recipe.

Whites of eleven eggs, one and a half cups of sugar, one cup of flour, one teaspoonful of essence of vanilla. Sift the flour four times before measuring, add one teaspoonful of cream of tartar to the flour, and sift twice more, sift the sugar, and add to the flour. Then stir flour, sugar, and cream of tartar very gradually to the eggs which have been beaten until they can be turned upside down without spilling. Pour into a tin which has not been greased, and bake for fifteen, or twenty minutes.

Fruit Cake.

Two cups of dark brown sugar, 1½ cups of butter, 4 eggs, 1½ cups of molasses, ½ cup of sweet milk, 2½ cups of flour, 1 teaspoon of soda and 1 teaspoon each of all kinds of spices, to suit the taste; mix all together, and add 1½ pounds of raisins (seedless), 1½ pounds of currants, 1 pound of citron; chop fine, add more flour if needed, a wineglass of wine or cider will improve it. This will make 4 small or 3 medium loaves. Bake 1½ hours in a slow oven.

Orange Cake.

Cream ¾ of a cupful of butter and 2 cups of fine granulated sugar together; add 2 teaspoons of baking powder to 3 cups of pastry flour and sift; then add 4 eggs beaten light and 1 cup of milk flavored with extract of orange; bake in two pans about 35 minutes and frost with this orange frosting. Mix together the yolk of 1 egg and 1 tablespoon of water, ½ a teaspoon of orange extract and

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enough powdered sugar to make it thick enough to spread. This will frost one cake. Currant Cake.

1 cup of granulated sugar, ½ cup of butter, ½ cup of milk, 1 cup of currants well dried, two eggs, ¼ teaspoon of saleratus, ½ teaspoon of cream of tartar, sifted through the flour, which is about one pint. Beat the butter, sugar and eggs very light; dissolve saleratus in milk. ASTRA.

A WOMAN'S RESCUE.

AN INTERESTING STORY FROM PARIS STATION.

Suffered for Six Years From Nervous Headaches, Dizziness and General Debility—Physicians and Many Remedies Failed to Help Her—How Relief and Cure was at Last Found.

(From the Paris (Ont.) Review.)

So many remarkable stories are published of people who have been almost brought back to life, that the public might almost be excused if they were a trifle skeptical. So far, however, as those relating to cures brought about by the use of Dr. Williams' Pink Pills are concerned there appears to be no reason to doubt their entire truthfulness. The cases reported are carefully investigated and vouched for by newspapers that would discredit themselves were they to distort facts that can be easily investigated by any of their readers. Besides, there are but few localities in the Dominion where this grand healer of the sick has not made itself felt, and the people having proof of its virtues near at home, are quite prepared to accept the statements made as to the results following the use of Pink Pills in other localities. The Review heard of much good accomplished by the timely use of Dr. Williams' Pink Pills in this locality, but has recently learned of a case at Paris Station which is of sufficient importance to give the full details for the benefit it may prove to others. The case alluded to is that of Mrs. E. H. Skinner, who is esteemed by a wide circle of acquaintances. To a representative of the Review Mrs. Skinner said she had been for a long time a great sufferer. Her blood had become thin and watery, bringing about a weakness amounting almost to a collapse. There are numerous distressing symptoms, such as dizziness, severe headaches, palpitation of the heart, etc. "I have been ill," said Mrs. Skinner to the Review, "for about six years, and you can form an idea of what I suffered during that time. I had the advice and treatment of some excellent physicians, but without any benefit I may say that during the six years I was ill I was treated by four different doctors in Brantford and one in Paris, but they seemed not to be able to do anything for me. When the physicians failed I tried many different widely-advertised remedies, but with no better results. All this, you will readily understand, cost a great deal of money, and as I derived no benefit, it is not to be wondered that I was completely discouraged. I found myself continually growing weaker, and hardly able to go about, and had almost given up all hope of becoming better. And yet one never wholly desponds, for seeing Dr. Williams' Pink Pills so strongly recommended in the press I determined to try them, and you can see by my condition today how much reason I have to be thankful that I did so. I had not been taking Pink Pills long when for the first time in six years, I found myself improving. Gradually the troubles that had made my life miserable disappeared, new blood appeared to be coursing through my veins, and I am again a healthy woman, and have no hesitation in saying that I believe I owe not only my recovery but my life to Dr. Williams' Pink Pills." Mrs. Skinner said her husband was also much run down with hard work, but after using Pink Pills feels like a new man. The statements made by Mrs. Skinner prove the unequalled merit of Dr. Williams' Pink Pills, and as there are thousands of women throughout the country similarly troubled, her story of renewed health will point to them the remedy which will prove equally efficacious in their cases. Dr. Williams' Pink Pills are especially valuable to women. They build up the blood, restore the nerves and eradicate those troubles which make the lives of so many women, old and young, a burden. Dizziness, palpitation of the heart, nervous headache and nervous prostration speedily yield to this wonderful medicine. They are also a specific in cases of locomotor ataxia, partial paralysis, St. Vitus' dance, sciatica, neuralgia, rheumatism, the after effects of la grippe, etc. In men they effect a radical cure in all cases arising from mental worry, overwork, or excesses of any nature. They are sold only in boxes, the trade mark and wrapper printed in red ink, at 50 cents a box or six boxes for \$2.50, and may be had of druggists or direct by mail from Dr. Williams' Medicine Company, Brockville, Ont., or Schenectady, N. Y.

IT WAS DYNAMITE.

And Nitro-Glycerine and a Jag Don't go Well Together.

Twenty years ago an oil operator in the oil regions of Pennsylvania, had some difficulty with a driller about his charge for sinking a well. While the matter never got into the courts a very bitter feeling was engendered between the two men, which increased in bitterness until a battle was imminent every time they came together. They parted, and had never been thrown together for over fifteen years until the other day they met at a Smithfield street bar.

The operator was disposed to let bygones be bygones, and approached the driller in a friendly manner, but the latter held back and seemed determined that the enmity should not cease. After a little friendly talk the driller finally consented to shake hands and that they both be friends once again. As the proper trimming to the reconciliation, the operator proposed a drink. The driller taking up a package from the lunch counter, put it under his arm and accompanied the operator to the bar. They stood there drinking and talking over old times. The driller continued to hold his package under his arm. When he would take a drink he would shift it nervously to his other arm, but he would not place it on the bar. The more whiskey the man got the more he shifted his bundle, until it made his friend, the operator, decidedly nervous.

"What have you got here?" the operator finally asked.

"Oh," replied the driller, "I'm going to shoot a well to-morrow morning, and I am just taking these twenty pounds of dynamite to do it."

It just took above five seconds to clear that barroom, and no one would return till the man with the dynamite left. Twenty pounds of dynamite makes a very dangerous companion with which to go on a jag.

Fired by a Spider.

Spiders, ever since the time of King Robert the Bruce, the hero-king of Scotland, have had many of their acts recorded in history, and a curious circumstance, which recently occurred at Cape Town, and of which the spider was the hero, is worthy of record. The inhabitants of that South African city were greatly surprised at the firing of the mid-day gun long before the proper time, and for a period the officials were equally puzzled at the extraordinary occurrence. The time (electric) current for firing the gun is supplied by the Royal Observatory, and goes from there into an instrument called a "relay," in the Central Telegraph Office, Cape Town. The action of this current going through the instrument main moves a light tongue, which is very finely set, and this sends the current direct into the time fuses which fire the gun at the Castle. It is said that a spider found its way through one of the openings in the instrument, and whilst exploring, he must have touched this tongue sufficiently to move it, and thus fired the gun. The spider paid the penalty, and is now an object of general interest in the Cape Town Museum.

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BALL CROWNS FOR MOTHER AND DAUGHTERS.

The figure on the right shows a cream pea de soie trained gown with sleeves and skirt ornamented with spangled tulle tabs. Ribbon and jewel passementerie trim the corsage. The central figure shows a regal costume of figured pea de soie bordered with ermine, which also trims the corsage. The train is of royal purple plush, flat bows of which are set on the ermine. The figure on the left is of blue Bronza gauze with diagonal silver stripes. The ribbon and sprung sleeves are of two shades of blue silk.

a one would be considered too incompetent to expect good wages, and therefore it is to the interest of all domestics to learn at least that much. But how many "girls" can make really good cake or pastry? Very few, I think, and I have known many households where both pastry and cake were unknown quantities except when they were

batter as they think necessary. But all the same these experienced housekeepers say nothing about their failures. They don't think it necessary to make any reference to the fruit cake they made last Christmas, in which all the fruit "pitched" to the bottom of the cake tin and remained in a soggy layer because they thought it