

WOMAN and HER WORK.

We have been paying so much more attention to the outward than the inward woman lately, that I fear we shall be forgetting how to cook altogether if we are not careful; so this week will consider cooking instead of clothing, and try to re-

which a hole has been cut, through which more broth can be added from time to time. Bake an hour and a quarter. A chicken pie should always be kept from getting dry and tasteless, by the addition of broth, just as a turkey is kept moist by basting,



DINNER AND RECEPTION COWNS.

The figure at the right represents a figured taffetas silk with white lace accessories. That on the left is a blue and white striped silk with gray chiffon blouse trimmed with silver tinsel embroidery.

claim the time we have lost since before Christmas.

Here is a very toothsome variety of tomato soup, which will be a welcome change to those who are fond of macaroni, and consider tomato soup insipid by itself.

Tomato Soup, With Macaroni.

Take two ounces of macaroni, and boil in plenty of water until it is soft, then drain and throw into cold water. Simmer a quart can of tomatoes in a quart of water for twenty minutes, pulp them through a fine hair sieve, heat to boiling point and when ready to serve drain the macaroni, cut into inch lengths, add to the soup with a good sized lump of butter, salt and pepper to taste, and when thoroughly hot send to the table.

Chicken Pie.

Cut up the chicken as for a fricassee and sew with half a dozen slices of thinly cut bacon in just enough water to cover them

and it will be greatly improved if the broth which is left after the pie is done, is served with it as a gravy. Put half a cupful of milk to each cup of broth. Thicken with a full teaspoonful of flour, rubbed smooth in the milk, and serve in a gravy boat.

Creamed Bacon.

Cut slices of bacon very thin, ten slices will make a nice dish. Lay them in a frying pan and place in a hot oven for ten minutes, or until they are brown and crisp. Remove, and set the pan on the top of the stove, removing the bacon to a hot plate. Take one and a half teaspoonfuls of flour and add to the hot fat remaining in the pan, stir quickly for two minutes taking care that the flour does not brown or burn, when it is well cooked, add one and a half cups of milk a little at a time, stirring constantly, to keep it moist. Cook the gravy for two minutes after it has reached the boiling point, and then turn

believe that heart, liver, kidneys, and even sweetbreads, are only fit food for pigs. I have seen educated and intelligent people almost made ill by the sight of a dish of fried heart, and heard them express the opinion that only savages should eat such fare, while they considered kidneys unfit for human beings to touch. I confess that I draw the line at tripe myself, but that is probably because I have eaten it too seldom to succeed in cultivating a taste for it, but I think both stewed heart and stewed kidney delicious, especially for tea on a winter's evening, and I have a truly plebeian love for liver and bacon. Here are two excellent recipes for the two former dishes.

Stewed Heart.

Two lambs' or calves' hearts will make a sufficiently large dish for four persons, even if they are hungry people, just in from a long walk. Wash the hearts very carefully and place them in a saucepan with enough boiling water to cover them, let them cook slowly for an hour and a half; then take them off the fire remove the fat, and set them aside to cool. When they are to be used, cut into small pieces, first removing all the cords, and strings inside. To each heart allow half a cupful of water, one tablespoonful of butter, three slices of

teaspoonful of flour, and a small piece of onion. But the clam liquor on the fire, and when its boils skim, and add the clams chopped fine. When boiling skim again. Put in the piece of onion, and cook gently for five minutes. Rub the flour and butter to a cream, heat the milk in a separate pan, and when it boils stir in the flour and butter and cook until quite smooth and thick. Set on a cool part of the fire while



FOR THREE IN THE FAMILY.

The young lady's costume is of drab and black cheviot, bound with Persian and trimmed with soutache braiding. The small girl has a dark blue cashmere frock with scarlet herring bone stitching. The boy's suit is of dark blue corduroy, with a collar and vest of white cloth with blue braid.

lemon, and salt and pepper to taste. Place the chopped heart in a saucepan, add salt and pepper and stir gently for ten minutes. Rub the flour and butter together, add them with the lemon to the other ingredients, stir thoroughly and serve.

Stewed Kidney.

First soak the kidney in cold water for three or four hours, changing the water several times, as it becomes discolored. Put on the fire in cold water, as soon as it begins to boil change the water for fresh cold water, repeat this and in the third let it boil slowly for an hour. This will remove all the strong taste often so disagreeable in carelessly stewed kidneys, and the first cooking should always be done the day before the stew is to be served, and the meat put away in a cool place. When preparing for the stew cut away all the veins, and cords, then cut the meat into small pieces and stew exactly according to the directions for stewed heart, except that for a good sized beef kidney the quantities will have to be doubled two tablespoonfuls of flour, whole teacup of water, etc.

Clams on Toast.

As many fish dealers keep clams on hand almost as constantly as oysters, this will not be an impossible luxury even in January, to those who live in the city, and it is a most appetizing dish either for tea or luncheon. Take one dozen of the large hard-shelled clams, such as used for chowder wash well, and lay them on a bed of hot coals, or in a hot oven until the shells open; then remove them with a pair of tongs and when cool remove the shells, and chop the meat fine. This should be done the day before they are required, and when wanted the chopped clams have only to be placed in a stew pan with a cupful of milk and allowed to come to the boil. Wet one and a half tablespoonfuls of flour with half a cup of cold milk, and when the clams boil add this a little at a time, stirring constantly. Cook for two minutes, add one tablespoonful of butter, a little salt, and serve by heaping the mixture upon slices of buttered toast, which should be in readiness on a hot dish.

Bisque of Clams.

Take one pint of shelled clams, one pint of milk half a teaspoonful of butter, one

you remove the onion from the clams, stir the latter into the thickened milk, and serve quickly on a hot dish.

NOVICE.—With pleasure. He gives her his left arm, so that she may the more conveniently take it with her right hand. In fact the gentleman is nearly always on the lady's right; you can see how awkward it would be for her to grasp his arm.

The Sweet Tooth.

One of the most eminent medical authorities in the world, Cyrus Edson, M.D., President of the Board of Health, New York, has written a very interesting article recently to the Ladies' Home Journal entitled "The Candy Eating Habit." In it he says, "Children grow sometimes very rapidly and the process of growth is one which demands a great supply of heat. Now from Sugar more animal heat can be evolved than from almost any substance we can take. What we call taste, that is the agreeable sensation when we place some food we like in contact with the nerves of the mouth and tongue, is like the sensation of hunger in that it is caused by the demand of nature for food. But taste will often tell us whether food is good for us, hence when the growing child needs food and sugar will supply this the child craves for sweet things, nor is it wise to deny this craving. True we can get the same heat from fats and in the Arctic regions the little Esquimaux children beg for blubber just as our little ones beg for candy. In this climate fat is less easily digested than sugar and the body of the child knows this although the child does not. Sugar is a very concentrated form of food. It is a highly stimulating food and we have recently ascertained that it enables persons eating it to more easily perform severe labor either physical or mental. The military hygienists taking advantage of this fact have advised that extra rations of sugar should be issued to the soldiers who are called on to sustain the excessive physical strain incident to forced marches." This same eminent authority a short time ago in referring to Tutti Frutti gum praised it in very high terms as being "not only a wholesome confection but an efficient and reliable remedy for indigestion even in many of its worst forms. In support of his conclusions regarding the vir-

THEY MUST GO.

Note these Reductions in Misses' and Children's High Leggings.

Misses' High Leggings.	Former Price	Now
Misses' " " "	\$2.50	\$1.50
Children's " " "	1.50	1.00
Children's " " "	2.00	1.25
Children's " " "	1.75	1.10
Children's " " "	1.15	.80
Children's " " "	1.00	.70
Small Boys' Russett Leather Leggings	2.50	1.60

We wish to close out all the above this month, and to that end we make these prices much less than cost.

WATERBURY & RISING,

61 King St., - 212 Union St.

of this article, so well-known to the public as Adams' Tutti Frutti, he instances cases of indigestion of long standing where he prescribed it with the most successful results.

It has been said that great minds only appreciate the proper value of details and when we find an eminent scientist recommending confectionery in the form of Tutti Frutti gum, we can truly add that great minds only can afford to be original.

FINISHING A BASQUE.

Careful Pressing of Seams Helps to Secure a Perfect Fit.

When the model lining has been basted, try it on and leave the seams on the outside. With pins take in all the seams until they fit the figure perfectly and then from the seams flat, with the pins still in, which will mark the seams for future use. After this trim off the superfluous stuff and cut a pattern from muslin or paper for future use, as it will save much time. The lining should then be placed on the material, the front coming even with the two salvage edges. The side pieces and backs can all be cut out of one width by a little careful management if there is no up and down to the stuff. If there is, it will require more goods. The lining and outside are now to be basted firmly together, each piece separately, after which the whole bodice may be basted again to be tried on, this time right side out, and all the seams trimmed neatly. If the waist fits—and it will if properly basted—it can be seamed up. The seams should be taken on the outside of the bastings, as they are elastic, being loose, and therefore they stretch.

The seams should be pressed apart and the bones sewed in. Each has her own preference about the sewing in of bones. They can be bought now ready prepared, and all that is necessary is to sew the edges of the tape to the pressed seams. The finishing of the waist is now so wide different in different cases that only a general idea can be given. Basque waists are faced up and pressed, and whatever styles or kind of trimming there is may be set on afterward. Few dresses now, except tailor gowns, and they not always, have buttons. They close invisibly by hooks and eyes. Lapels are just now favorite trimming on waists. They are acute triangles in form, lined with stiff wigan and faced with some kind of silk, or of velvet, moire, or in fact, any suitable material. The great object is to have them stiff. Some dressmakers wire the edges. Every seam should be pressed with a hot iron, except silk and velvet.

The collar and the style of closing the front differ so greatly that no set rule can be given for them all. The one thing to

the same or a contrasting color. The variation in sleeves, however, are all based upon the coat sleeve foundation and are so largely a matter of personal taste that it is not necessary to enlarge upon them. A few general remarks may be made, however. The sleeves for dress occasions may be of a number of tulle or chiffon ruffles over a foundation in coat form. The light silks are made in puffs four times the length of the upper arm and four times the width of the sleeve lining. All this fullness is then draped up in rich folds, enough to bring it into partially reasonable dimensions. It requires nine yards of 24 inch silk for these puffs and one yard for the forearm pieces.

THE ACME OF PERFECTION.

Diamond Dyes Superior to all Others.

Colors bear a relation to each other something like that of musical notes, and there is a harmony of colors, analogous to that of musical sounds. An exquisite taste in the combination of colors may be the result of a nice perception of these relations, in the same way that an exquisite taste in music is produced by a nice perception of the relations of musical sounds. It is unquestionable that there are some combinations of colors which are universally pleasing, and others are universally disagreeable, independently of any associations or acquired habits. To the connoisseur and lover of colors, no more lovely or beautiful sight can be presented, than the tasteful arrangement of over forty standard colors of Diamond Dyes, and the one hundred rich shades and tints which are produced from them. Diamond Dye colors are scientifically prepared, and when used according to directions in the home, the results are pleasing and truly grand. It would require a good sized volume to describe their uses and possibilities, and to tell the comfort, joy and pleasure they are capable of giving.

Mother's and daughter's dresses are made new by them; their wraps, jackets, shawls, ribbons and hose are with little trouble renewed for home and street wear. Father's and son's suits are made to look brand new; and any cast off article of wearing apparel can be made to blossom as the rose. This work of transformation, remember, can only be successfully accomplished by the invincible Diamond Dyes.

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Guaranteed to cure Freckles, Tan, Liver Spots, Sallowiness, All Discolorations of the Skin, Express per paid \$1.50. Best Remedy in the world for Eczema, Rashes, Pimples, Acne, Black heads, Etc. & \$2.00.

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"Minnie, aren't my roses nice?" "Yes, very pretty." "But don't you like their perfume?" "Oh, yes, it is just like mamma's!—that she got from Piesse & Lubin when she was in London, England." You can buy these scents at the store now. Piesse & Lubin's Perfumes may be had from all leading druggists.

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New Odors.

White Jasmin, White Carnation.

True to flower, delicate and lasting.

John Taylor & Co.,

PERFUMERS, TORONTO.



THEATER OR OPERA COSTUMES.

The gown on the right is of pink silk crepon with white ribbon belt and shoulder knots. There is a blouse waist overlaid with Vandyke lace. The figure at the left shows a wrap of slate cashmere lined with pink quilted satin and having a pelerine of white tulle. One row of Persian embroidery trims the cape.

well, until quite tender. Make a paste which is rich and good, though scarcely as rich as puff paste. Line the bottom and sides of a deep baking dish. Place the chicken and the bacon in layers, until the dish is filled, add two cupfuls of the broth in which it was stewed, salt and pepper, and cover with a top crust, in the centre of

out on a hot dish, dust lightly with pepper, lay the slices of bacon in regular rows on the top of the gravy, and serve at once.

A very large majority of Canadians have a great repugnance to everything which comes from the inside of an animal—the "innerds"—so to speak, and they seriously