

Recipes

BAKED TRIPE—SPANISH STYLE.

Boil four pounds of fresh tripe till tender. Drain, sprinkle with salt and pepper, and arrange in a well-buttered pan. Pour over it one quart of chopped tomatoes, one large onion sliced very thin, half a cupful of chopped parsley, and, if it is liked, the skin of a large red pepper, minced fine. A teaspoonful of Tabasco sauce may be used if more flavor is liked. Pour over all one-half cupful of melted butter and bake for one hour. This is equal to the finest fish.

NEVER FAIL HAM OMELET.

Never-fail omelet might be a better name. Six eggs beaten separately, adding whites last. One cup milk; six teaspoons cornstarch, one teaspoon baking powder. Pour mixture into buttered spider, sprinkle with chopped ham and roll when it begins to cook through.

BOILED TRIPE WITH RICE.

Put two pounds of fresh tripe to boil in two quarts of water. Add one chopped onion, a bit of garlic, three tomatoes sliced, salt and pepper, and when half the water has boiled away put in a small cupful of rice. Simmer gently and serve when the rice is dry.

TOMATO SOUP WITH MACARONI.

The left-over macaroni of yesterday's dish may be used in the soup. If there is none left, rice may be used, as it is not particularly desirable to have macaroni or any other foodstuff two days in succession, unless there are left-overs to be utilized.

FRIED FLOUNDERS.

Two hours before wanted, cleanse nicely and rub all over with salt. Wipe dry and dip into beaten egg; sprinkle with cracker, pounded, or crumbs. Fry about ten minutes in boiling lard.

WAFLES.

One pint sour milk; put in flour until batter drops from spoon; add two tablespoons of melted butter, two eggs beaten separately, one tablespoonful of sugar, one teaspoonful of salt, half-teaspoonful soda; add whites last.

STUFFED TRIPE.

Select long strips of fresh tripe and boil in salted water till tender. Prepare a dressing as for roast chicken or turkey, spread it thinly on the strips of tripe, roll them and secure with a wooden skewer—a toothpick answers nicely. Arrange the rolls in a buttered pan and bake till done. This is an excellent luncheon dish and is very dainty served cold, the slices cut round the rolls like jelly cake.

NIGHT NOISES OF FORES.

Animals and Birds That Seldom Move About in the Daytime.

Nothing can be more weird, more mysterious, than night in the forest. Well, viewed in hunting lore though he be, a man will hear sounds at night which he cannot identify. The hours of darkness are not hours of silence, for there are birds, and beasts whose day begins only after sundown, who seek their food in the black night while the diurnal creatures are sleeping.

One of the very commonest animals in the East, the porcupine, is so completely nocturnal in its habits that it is rarely seen. Perhaps as you ride by moonlight your pony shies at a whitish, rustling something which crosses the track just ahead of him, says a correspondent of the Field, or your favorite terrier, after a marauding expedition, will return with a stout and cruel quill embedded in the muscles of his chest. The silent watch over a kill for a goal-stealing leopard is full of eeriness and mystery. Ears are intensely on the alert, so that no sound in the vicinity is missed. Then is made startlingly manifest the strange double life of the jungle, the life of the night as opposed to the much more familiar life of the day.

Everywhere around are strange movements and rustlings, while those creatures which move across each of the foreground as is illuminated by the uncertain rays of the moon seem to take on fantastic shapes, until after many nights of watching it is almost easy to believe in pixies and goblins, or even the strange beings of native legend.

In Kashmir on a spur overlooking the Lolab Valley we had pitched our dining tent under a huge walnut tree. Every night strange rustlings and clatterings used to come from its ample foliage and walnut detached by busy birds would tumble from the tree. We took our visitors to be flying squirrels and made attempts to shoot one of them, but though we had a big log fire close to and illuminated the walnut tree with pure light, as well as we never actually saw one of the animals nor established their identity for certain.

In the plains of India and Ceylon the great fruit-eating bats are no doubt responsible for many of the night sounds heard among the tree tops. There are huge insects of many kinds, whose crawling among the dry leaves adds largely to the noise, which comes from the ground. Cicadas become very active at night and make considerable excursions from their watery haunts.

I have known a crocodile to walk 200 yards from the edge of a lake in which it lived in order to reach the carcass of a dead pig. On its return it dragged the pig with it to the lake, the broad trail to the whole story now, making as clearly as though we had witnessed the entire performance. Simbar and other bears are also creatures of the night, the deer particularly so in Ceylon, probably because they are so intensely hunted by hunters. On the Negileries and in Wundul I used to see sambar come out to feed comparatively early in the evening, while they did not retreat to their milky haunts till some time after sunrise.

Bears in Ceylon are so seldom seen by day that it is customary to sit over water holes for them in the hot weather. There are plenty of them in the island, and they find some swiftness such as they have among the numerous rocky

No More Sour Catsup PARKES' Catsup Flavor and Preserver

Is a concentrated extract of spices that covers catsup and preserves it for all time. Many people have given up the making of catsup because it always spoils. You can now make better and sweeter looking catsup than you ever made before if you insist on getting PARKES' Catsup Flavor from your grocer. It leaves the natural red color of the tomato and imparts the most delicious flavor. Sent post paid on receipt of 25 cents.

PARKE & PARKE
HAMILTON DRUGGISTS CANADA

hills which are a feature of the Ceylon forests.

Though it is hard to know who or what are the makers of the incessant movement which is going on all night in the woods the actual voices of birds and animals are by no means equally difficult to identify. In the hills, even in a big station like Mussoorie, are constantly heard the loud calls of barking deer, the little creature's resonant bark is almost indistinguishable from that of a dog. The muntjac is said to be particularly voracious when there is a leopard about. I have, however, often heard these deer barking at a most excited way when there could have been no leopards within many miles.

A very familiar warning of the approach of night is the squawk of night herons as they sail overhead. In most Indian compounds is found a family of quail little brown owls who come out of the hollow tree where they spend the day as soon as dusk descends and begin their voluble chatter. Natives are very superstitious about the big gray-white owls and consider them to be the harbingers of evil, but no bad omen attaches to the merry little brown fellow who is everybody's friend.

Hindus have all sorts of beliefs regarding trees. If you want a man to tell the absolute truth you take him beneath a pipal. Under the shadow of the pipal every Hindu is supposed to become a George Washington. In the Madras hills the natives always regard large trees as the abodes of devils. Near a bungalow I lived in at Wellington, 10 miles from Ootacamund, there was a large hollow tree. In the hollow pious hands had erected a miniature altar of bricks, and on this were usually to be seen one of those little classically-shaped clay lamps to burn mustard oil and a few tiny coins to propitiate the devil who lived in the tree.

On the other hand there are aboriginal tribes in Wynaad who never leave the shelter of the pathless forest. I have stood on a hill and looking over the vast jungles of Mysore have seen thin smoke wreaths ascending far away from the centre of the forest, the fires of those jungle men cooking their evening meal.

Minard's Liniment Cures Garget in Cows.

Scowls vs. Smiles.

(By Cynthia Grey.)

There is just as little excuse for a frown on a woman's pretty face as there is for the man in the moon to think he can frighten the people on earth by frowning.

A scowl on milady's face is fully as distressing as would be a scowl on the man in the moon's face, too!

No man with a spark of life in his veins but thaws at the sight of a pretty woman. We are all cheered by the pleasant-faced man in the moon.

There is no more justification in a woman's frown than there is in a mild little house cat trying to roar like a lion.

It is absolute idiocy for anybody to try to impress others with their importance or learning by frowning—and many of them pucker their pretty brows for this very reason.

One can conceive of only one personage who has anything like a legitimate right to frown; the very old philosopher who has earned his place in the world of knowledge. At that, genuine philosophers usually smile!

But the young man, or the young woman, or the pretty girl, or the baby, cherishes a fond delusion if any of them come to impress the world with their importance or intelligence by copy-cattling the hoary-headed old philosopher whose labors have secured him.

Frowns do not pay. Smiles win friends and conduce to good blood circulation.

Minard's Liniment Cures Colds, Etc.

Carnegie's Business Types.

Andrew Carnegie, at the luncheon to Prince Tsai Tao in Mr. Schwab's vast and splendid mansion in Riverside drive, says the Washington Star, is reported to have administered a smiling rebuke to the twentieth century type of business man.

"In my time it was different," said Mr. Carnegie, "but nowadays there are too many business men who may be described like this:

"Positive—They get on.

"Comparative—They get honor.

"Superlative—They get honest—sometimes!"

Some Truth In It.

Discussing the proposed laws against scorching motorists, Raymond Hitchcock, the actor, said to the New York Tribune man:

"It is time to check these men. They are getting quite reckless. There was some truth then humor in a burlesque dialogue I read in a manuscript play the other night.

SMOKE'S EFFECT ON BRIDGES.

Instances of Structures Which It Materially Injured.

When a locomotive is making speed against a grade with its full complement of cars and tonnage behind it the blast from the smokestack may attain almost explosive force. But regardless of how many pounds dead weight might be blown from the stack, its corrosive and heat effects in passing under bridge and viaduct structures have been under careful study by the engineers.

The "Cotton Farm" bridge in Boston was built in 1896 with a clearance of only fifteen feet above the line of the Boston & Maine road. The floor of the bridge was supported by hollow tile arches, resting upon flanges of steel "I" beams. These steel beams were protected by heavy lead plates and above were rendered rust proof by cement tiles.

In ten years the locomotive blast had eaten into the lead sheeting and into the tiling to such an extent that much of the coating fell to the ground and all of it had to be torn out.

At another point in Boston is a bridge spanning the road where locomotives in one direction take a heavy grade in passing. The height of the clearance is eighteen feet, while the bridge has only wooden stringers.

On the up grade end of the bridge, where forced blast is necessary, the stringers are eroded and burned to a depth of a quarter inch; on the down grade end damage is not noticeable. The judgment of the engineers is that eighteen feet clearance allows of a cheaper bridge and a longer life to it than the more costly structure at the minimum of fifteen feet.—From the Chicago Tribune.

MINARD'S LINIMENT CO., LIMITED.

Gentlemen,—I have used MINARD'S LINIMENT on my vessel and in my family for years, and for the every day ills and accidents of life I consider it has no equal.

I could not start on a voyage without it, if it cost a dollar a bottle.

CAPT. F. R. DESJARDIN.

Schr. "Storke," St. Andre, Kamouraska.

Philosophy of Work.

CHANNING.

Labor is discovered to be the great, the grand, the conquering, enriching and building up nations more sure than the proudest battles.

CICERO.

What is there that is illustrious that is not also attended by labor.

EPICURUS.

The gods sell everything good for labor.

JOUBERT.

Genius begins great works; labor alone finishes them.

LIVY.

Toil and pleasure, in their natures opposite, are yet linked together in a kind of necessary connection.

MAZZINI.

Labor is the divine law of our existence; repose is desertion and suicide.

Year Druggist Will Tell You.

Murine Eye Remedy Relieves Sour Eyes, Strained Eyes, Doesn't Smart, Soothes Eye Pain, and Sells for 5c. Try Murine in Your Eyes and in Baby's Eyes for Scaly Eyelids and Granulations.

Change in English Prayerbook.

The accession of a new sovereign in Great Britain brings about many changes, but none, perhaps, so full of sentiment as the changes necessary in the Book of Common Prayer. The name of Edward, wherever it appears, must now be changed to read George. In the litany is a prayer for the welfare of the royal personages close to the sovereign. This now reads: "our gracious Queen Alexandra, George Prince of Wales, the Princess of Wales, and all the royal family." The plates from which the book is printed are being altered, and the following will appear: "Our gracious Queen Mary, Alexandra the Queen Mother, Edward Duke of Cornwall, and all the royal family." With every change of sovereigns an alteration similar to this is necessary.

Minard's Liniment Cures Distemper.

The Country Weekers.

Jerome S. McWade, addressing a children's country week association, of Duluth, says the Washington Star, cited many striking similes and metaphors in unaccustomed pastoral surroundings.

"A boy," he said, "had his attention called to the sunset.

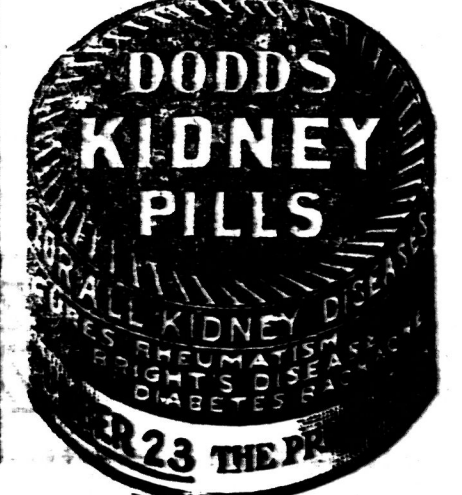
"Look," said the missionary. "Isn't the sunset beautiful—the round, yellow sun sinking in the midst of white clouds?"

"It's fine," the boy agreed. "It's just like a fried egg."

"In the same party was a little girl. She rose at dawn one morning, and her eye was caught by the sparkle of the dew on the grass.

"It's better'n I thought," she said. "The grass is all covered with perspiration."

Any bartender will tell you there is a difference between knowing how a cash register works and knowing how to work it.



MISERABLE WITH DYSPEPSIA

Another Wonderful Cure By That Wonderful Fruit Medicine "Fruit-a-tives."

Mr. Mathias Dery, of 225 Church street, Ottawa, Ont., was treated for years by physicians for Painful Dyspepsia. He spent so much money for doctors' medicines without getting much relief that he had about made up his mind that his case was hopeless.

Seeing "Fruit-a-tives" advertised, however, Mr. Dery thought he would invest 50c in a box of these wonderful fruit juice tablets.

And this famous fruit medicine did for Mr. Dery what all the doctors could not do—it cured him.

He writes:—"Fruit-a-tives" positively cured me of severe Dyspepsia, when physicians failed to relieve me."

"Fruit-a-tives" makes the stomach sweet and clean, insures sound digestion and regulates bowels, kidneys and skin.

50c a box, 6 for \$2.50, or trial box, 25c—at all drug stores or from Fruit-a-tives, Limited, Ottawa.

Lord Kelvin's Religious Views.

The scientific man in looking at matter, wondering what it will do, thinking over the results of certain combinations which he can impose upon it, declares that there is something beyond a mass of dead matter. His very thought is in itself a contradiction to the idea that there is nothing but dead matter. Science can show that what we see in the world of dead matter and of life is not a result of fortuitous atoms. St. Peter speaks of scoffers who said that "all things continue as they were from the beginning of the creation," but affirms himself that "all these things shall be dissolved." It seems to me that even physical science absolutely demonstrates the scientific truth of these things. In science, as in morals and politics, there is no periodicity. Whatever we prophesy of the future it will be unlike the past. Everything is in a state of evolution and progress. The science of dead matter, which has been my chief life study, is strenuous on the point that the age of the world is definite.

A PIANO FOR 50 CENTS A WEEK

This is a golden opportunity for anyone to own an instrument. We have a large stock of used pianos, taken in exchange on Heintzman & Co. pianos. These instruments are such well-known makes as Weber, Chickering, Haines Bros., Thomas and Dominion, and the price is from \$50 to \$125. Each one guaranteed for five years, and will be taken back in exchange with full amount allowed any time in three years. Do not let this chance slip by you. A post card will bring full particulars.—Heintzman & Co., 71 King street east, Hamilton, Ont.

Road History Illustrated.

A novelty at the Brussels International Exposition is a graphic history of roads from the Roman road to the most perfected modern form. An average stock of used pianos, taken in exchange on Heintzman & Co. pianos. These instruments are such well-known makes as Weber, Chickering, Haines Bros., Thomas and Dominion, and the price is from \$50 to \$125. Each one guaranteed for five years, and will be taken back in exchange with full amount allowed any time in three years. Do not let this chance slip by you. A post card will bring full particulars.—Heintzman & Co., 71 King street east, Hamilton, Ont.

If every housekeeper would use Wilson's Fly Pads freely during the summer months, the house fly peril would soon be greatly diminished.

AFTER THE BURIAL

(Philadelphia Record.)

Once upon a Time a Royal Family, having suffered a sad Bereavement, received Condolence from its Neighbors, both Royal and Republican. A Republican Neighbor sent a Favorite Son, with Credentials, believing that the Solemnities of the Occasion would keep in Check a Precocity which had often caused Consternation at Home and Abroad. In a reasonable Time after the Burial (during which the Irrepressible One actually kept quiet) the Bereaved People courteously honored the Restless One with the Freedom of the City, in a precious Can, notwithstanding that the Great Man had already taken some Egyptian Liberties without being asked. Having noticed in the Domestic Affairs of his Hosts a Serious Race Problem, and having settled the Race Problem at Home, the Frank One put the Freedom of the City in his Fanny Pocket, when he drew a Prepared Lecture showing the Perplexed People exactly what to do. The surprised Hosts did not show their Guest the Door, with a Passport in a Scrap Box; they simply Considered the Source.

Moral:—One is Enough.—O. B. Server.

A Diplomatic Rebuke.

A neat turn of phrase is that quoted of Lord Palmerston in a recent book. It seems that some young gentlemen in the foreign office amused themselves quite frequently by flashing the rays of the sun by means of a mirror into the eyes of some young ladies who lived across the street.

The father of the ladies complained to Palmerston, who thereupon issued this order:

"The Secretary of State desires that the gentlemen in his department will not cast disagreeable reflections on the ladies opposite."—Youth's Companion.

Overheard at Atlantic City—Blossie—That girl who came down yesterday brought the biggest trunk I ever saw. Blossie—I saw her in the surf this morning, and she didn't need it for her bathing suit.

PISCATORIAL DON'TS.

Rules for Those Who Fish With a Pole and Those Who Angle With Rod.

Don't walk right up to a riff and fish it, stay above it and let your line float down to it, and if you don't get a strike hold your pole still and reel your line in and let it run out again two or three times; then swing your pole from side to side.

If using red worms don't put on a big bait. One nice worm is enough. Start about three-quarters from head and string worm on the hook, let the head stick out so there are ends to wobble. Pull point of hook out so the worms can't come off.

Don't jerk hard to hook a fish. Don't pull too quick. Don't let the line slacken.

When a fish is hooked don't get excited; if a big fish is hooked give him time. Time is golden.

Don't take any intoxicating drinks. Again, don't stand so your shadow is on the water if it is a still day and nothing is moving, and don't forget that time and patience make the best fisherman.

Don't swear if you lose a nice fish; it's no use—he is gone.

Don't use lead on line when fishing for trout.

Don't use a heavy line. Don't use white lines and a good many more things too numerous to mention here.—Fur News.

ZAM-BUK CURES SUNBURN.

Neglect of a sunburn on face, arm or neck often leads to the after growth of skin which is freckled or coarse; and this is particularly distressing to ladies. Timely application of Zam-Buk will prevent this. Zam-Buk is a herbal balm, which soothes and cools the burned skin, and assists nature to replace the damaged tissue with soft, velvety skin.

Zam-Buk is also good for stings, scratches, heat sores, blisters on hands or feet and all skin injuries. Applied to these it quickly stops the smarting, and ensures quick healing. As it is free from animal fat, and mineral coloring matter, it is particularly suited to the delicate skin of babies, suffering from heat rash, chafed places, etc. Sold everywhere by druggists and store-keepers. Beware of harmful imitations, and see the name "Zam-Buk" on the box before buying.

Beyond the Reach of Law.

Dr. Pigou, the Dean of Bristol, has for long had the reputation of being one of the brightest humorists in the church.

One of his stories turns upon the deceased wife's sister. It appears that a vicar of Dr. Pigou's acquaintance had, in ignorance, solemnized such a marriage, and he interviewed the old vicer who whose business it was to look after such things. "Yes, yes," exclaimed the old man, "I knowed the parties. I knowed them."

"Then, why in the world didn't you tell me?" exclaimed the vicar.

"Well, vicar, it was this way, you see," replied the old fellow. "One of 'em paries was 83 and 'other was 91. Says I to meself: 'It can't last long; better the laws and let 'em two wed.'—From M. A. P."

Minard's Liniment Cures Diphtheria.

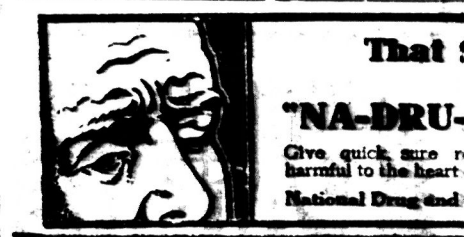
Oregon Man's Insect Catcher.

In the country all sorts of homely devices are used to catch the bugs and kill them, and an Oregon man, who probably had his apple orchard overrun by some destructive species, patented a trap for the pests. A barrel has pieces cut out of the upper portion, and is half filled with rotten or bruised apples or some other odoriferous fruit. On top of the barrel is placed a pan partially filled with water, oil or some poisonous liquid. From the apex of a tripod that keeps the basin from falling off the barrel hangs a lantern.

In the daytime the insects will be attracted by the odor of the fruit, and in flying up to feast many of them are likely to fly into the water. At night the lantern is lighted and bugs will come from afar to flutter against it and meet their death in the liquid below.—From the Chicago Tribune.

Spiced Beets.

Use young, tender beets. Boil, peel and chop fine. Put in a pan with a tablespoonful of butter, two of vinegar and salt and pepper to taste. These are nice served with salt cod and mashed potato. If the beets are small use four to each tablespoonful of butter.



That Splitting Headache

will vanish if you take

"NA-DRU-CO" Headache Wafers

Give quick sure relief, and we guarantee they contain nothing harmful to the heart or nervous system. 25c a box, at all druggists.

National Drug and Chemical Co. of Canada, Limited, Montreal.

Photography Taught Free

Your name on a post card will secure for you a Free and Complimentary Membership in the Dominion Camera Club, and will entitle you to all the privileges and advantages of this club, including free instruction, advice and latest information as to advances made in the Art of Photography. Write to-day and take advantage of this special offer.

CLUB DEPARTMENT OF

Dominion Photo Supply Co., Limited

24 YONGE STREET TORONTO.

At the Outset

Young married couples should start their housekeeping careers aright. Remember, Mrs. June Bride, that

Eddy's Indurated Ware

is the BEST on the market. Also that Eddy's "SILENT" Matches are absolutely safe and harmless. Matches, Paper of all descriptions, Woodware, Pails, Tubs and Wash Boards.

ISSUE NO. 32, 1910.

AGENTS WANTED.

START A TEA ROUTE TO-DAY. SEND 5c postal for circulars, or for the samples and terms. Alfred Tylor, Ltd., 4th, Ont.

START A TEA ROUTE TO-DAY. SEND 5c postal for circulars, or for the samples and terms. Alfred Tylor, Ltd., 4th, Ont.

Dr. Martel's Female Pills

SEVENTEEN YEARS THE STANDARD

Prescribed and recommended by the women's ailments, a scientifically prepared remedy of proven worth. The result from their use is quick and permanent. For sale at all drug stores.

G. D. SHELTON

A specialty made of investments in Standard Railroad and Industrial Stocks.

Write for full particulars respecting plan of investment.

Room 311, 22 St. James St., Montreal.

GLADSTONE'S FACE.

Who can ever forget that unforgettable face of Gladstone—the bearded, strong and yet perfectly proportioned nose, giving with its slight aquiline an impression of strength of domination and of scorn; the face, white as ivory and yet not fragile, the large, sinuous mouth, that seemed to be as quick to express every emotion as though it were an Aeolian harp; the strong, square chin; the eyes, brilliant and shining and as pure black as a piece of coal shining in the darkness; and, lastly, the melodious voice that could give every tone, every half-tone, every semi-quaver of a long gamut of perfect elocution? And then the wondrous vitality of the man! I would give a word of counsel to young orators, which is that their effectiveness in speech, as in every other pursuit of life, is largely dependent on their state of health. I have seen very fine speakers quite ineffective, below their ordinary level, simply because they were tired and their vitality was exhausted. To be able to vitalize others you must be vital yourself; and a part, at least, of the enormous power of Gladstone as a speaker was that inexhaustible strength of lung and limb and nerve which lay behind that strangely pallid and white skin.—T. P. O'Connor, in T. P.'s Weekly.

A WINDSOR LADY'S APPEAL.

To All Women: I will send free with full instructions, my home treatment which positively cures Leucorrhoea, Ulceration, Displacements, Falling of the Womb, Painful or Irregular periods, Uterine and Ovarian Tumors or Growths, also Hot Flashes, Nervousness, Melancholy, Pains in the Head, Back or Bowels, Kidney and Bladder troubles, where caused by weakness peculiar to our sex. You can continue treatment at home at a cost of only 15 cents a week. My book, "Woman's Own Medical Adviser," also sent free on request. Write to-day. Address: Mrs. M. Summers, Box H. 8, Windsor, Ont.

Seasonable Notes.

You can't keep a good thermometer down.

Smite a fly on one cheek and he turneth to the other.

This is thirsty weather. Even the mercury is filling its glass higher these days.

If you want a high time on your vacation hic to the mountains.

Undoubtedly many of our sweet girl graduates will make good—fudge.

A hook in the jaw is apt to finish both the fish and the fighter.

Henry asks what is good for mosquito bites. Human cuticle is considered very good.—Henry—Boston Transcript.

Don't experiment with unsatisfactory substitutes. Wilson's Fly Pads are the best fly killers made and will kill many times more flies than any other article.

The Other Extreme.

"Well," sighs the man with the wath tie; "now that the aeroplane is becoming popular the women won't spend so much money for