

RECIPES

Snow Eggs.—This is an entirely new sort of breakfast dish that is greatly appreciated by most people, and that can be recommended to invalids or those whose digestion is not strong. Butter thoroughly the inside of as many custard cups as the eggs you wish to use, which are best prepared separately. Separate the white from the yolk of the egg and beat the white to a stiff froth. Put this into the buttered cup, making a hole in the middle, in which to put the yolk, which is not beaten but left unbroken, as it comes from the egg. Squeeze on top of this about three drops of lemon juice. Three or four other eggs can be prepared quickly in the same way, and when all are ready the cups should be set in saucers of boiling water, letting the water come about half way up the cup, and cook thus until the white is set firm. The heat will make the froth rise so as nearly to fill the cup. Insert a warm plate over each cup and turn out each egg. Sprinkle copped parsley on top and serve at once.

String Beans With Cheese.—Cut string beans into half-inch pieces, boil in salted water until tender, then strain. Cook three or four medium-sized tomatoes and season with salt, pepper and butter. Put a layer of the beans in a deep dish, a layer of tomatoes and a layer of grated cheese until dish is filled; on top layer sprinkle some rolled cracker and scatter a few pieces of butter over. Bake in a medium hot oven about 20 minutes. This makes a very nice lunch dish.

Pineapple Lemonade.—Make syrup by boiling two cups of water and one cup of sugar 10 minutes. Add one cup of grated pineapple, juice of three lemons; cool, strain and add ice water.

Fried Salt Pork and Cream Gravy.—Cut one-quarter of a pound of salt pork in one-third inch slices. Lay in frying pan and cover with cold water. Put on a slow fire, bring to a boil and cook for about 15 minutes. Drain, dip in flour, put over fire and brown both sides. For cream gravy leave two tablespoonsful of the grease in the pan. Blend a tablespoonful of flour in it and pour in a pint of milk. Thicken and turn some on the meat and serve the rest in a gravy boat with plain boiled or baked potatoes.

Salt Pork and Swedish Gravy.—Slice eight cents' worth of salt pork thin, fry a nice golden brown, take from the fire and arrange on platter. To the fryings add one-half an onion cut fine, cook one minute, then add two level tablespoonsful of flour. Add a cup and a half of milk and cook until smooth. Pour over the pork and serve.

Stewed Kidneys.—Here is a good recipe for stewed kidneys. Boil them, then chop fine and boil again in fresh water until quite tender. Make a white sauce of flour and butter stirred together until quite smooth. Then stir in slowly the milk or cream, and when this boils add the kidneys and remove from the fire, and season with salt and pepper. It takes about half an hour for the kidneys to boil until tender.

Potato Cakes With Maple Syrup.—Press enough boiled potatoes through a ricer to make two cups. Add two level tablespoons of butter, two level tablespoons of baking powder, two level tablespoons of flour, two level tablespoons of sugar and one beaten egg. Make up into flat cakes and bake in a quick oven. While hot split open, butter and serve with maple syrup.

Oatmeal Blanche.—Scotch oatmeal flour is the best for making this. Medium oatmeal may also be used, and the result be as satisfactory, only the process takes longer. I here give the two methods: Mix one-quarter pound of Scotch oatmeal flour very smoothly with sufficient cold water to make a paste; pour upon it a quart of boiling milk; add a little salt, and sweeten to taste; put all into a saucepan and boil for 10 minutes or a quarter of an hour, stirring constantly; remove from the fire, and flavor with wine and spice; pour into a wet mold, and turn out when cold. When eaten with cream this is delicious. The other method is to mix one-half pound of medium oatmeal with a little cold water, then pour a quart of boiling milk over this, and let it soak overnight, or at least for 12 hours; strain it through a gravy strainer, pressing it hard, then boil in a saucepan for 15 minutes; add a pinch of salt, and sugar to taste; finish as above. This may be flavored with grated nutmeg, ginger, cinnamon, or with white wine or a little brandy, and cream served with it. An egg is sometimes beaten into this, but that is quite optional.

Tomatoes With Cheese.—Cut a small slice from the top of each tomato and take out the pulp. Mix with the pulp of each a rounding teaspoon of fine bread crumbs and the same of finely grated cheese. Fill the tomatoes, replace the tops which were cut from the stem ends, put in a baking dish, and set in the oven for about 20 minutes.

GETTING ACQUAINTED.
(Exchange.)
"Kid, I kin lick you!"
"Well, I kin make uglier faces than you kin, blame ye!"

God the first garden made, and the first city Cain.—Cowley.

ADVICE TO A CHILD.

"Help yourself, help yourself, little boy—do; Don't wait for others to wait upon you." Grandma was holding her afternoon chat, Knitting and rocking away as she sat. "Look at the birds, how they build their own nest! Watch the brown bees, always toiling their best! Put your own hands to the plow if you'd thrive; Don't waste your moments in wishing, but strive." Up in her face looked a mischievous elf; "Don't forget, darling," said she, "help yourself."

Afternoon shadows grow drowsy and deep; Grandma was tranquilly folded in sleep; Nothing was heard but the old farmhouse clock Plodding along with its warning "tick! tock!" Out from the pantry there came a loud crash; Pussy jumped up from the hearth like a flash. Back to her chair strode this practical boy, Steeped to the ears in jam, custard and joy. Grinning, he cried, "Please, I've upset the shelf, Grandma, I minded; I did help myself." —E. Rexford.

BETTER THAN SPANKING.

Spanking does not cure children of bad-wetting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box W. 8, Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money, but write her to-day if your children trouble you in this way. Don't blame the child, the chances are it can't help it. This treatment also cures adults and aged people troubled with urine difficulties by day or night.

NEVER SATISFIED.

(Louisville Courier-Journal.)
"Why don't you perfect a melon with a handle so that people could carry it conveniently?"
"It would be a waste of time," answered the horticultural wizard. "Then they'd want 'em with wheels."

Minard's Liniment Cures Colds, Etc.

Germany's Wonderful Cities.
Germany is building her cities as Bismarck perfected the army before Sedan; and as the Empire is building its warships and merchantmen; as she develops her waterways and educational systems. In city building, as in other matters, all science is the hand-maiden of politics. The engineer and the architect, the artist and the expert in hygiene are alike called upon to contribute to the city's making. The German cities are thinking of to-morrow as well as of to-day, of the generation that is now as well as of the generation that is to come.

Germany alone needs the city as the centre of the civilization of the future, and Germany alone is building her cities so fit to make them contribute to the happiness, health and well-being of the people. This seems to be the primary consideration. And it is unique in the modern world.—June Busy Man's.

Don't imagine for a minute that you can kill all the flies in your house in a day with one or two Fly Pads. Two of Wilson's Fly Pads for each window of the infected rooms will, however, clear them out in short order.

Test for Fino Muslin.

A Madras physician was buying muslin for a turban in a department store. "None of this is fine enough," he said. "In the turban I have on there are forty yards. But forty yards of this would give me a head like a Saratoga trunk." "India muslin is very fine," it must be fine enough to disappear if it is to pass our A1 test. Yes, fine enough to disappear." He smiled. "It's true," he said. "The test is this: The muslin is spread on grass over night. In the morning, when everything is dew drenched, if the muslin isn't practically identical with the dew gossamer covering the lawn—in other words, if it isn't invisible—it is discarded and must be sold as 'seconds.'"—New Orleans Times-Democrat.

Minard's Liniment Cures Distemper.

The Kaffir's Day Off.
When the South African Kaffir has a "day off" and sets about enjoying himself one of his greatest pleasures is to dress himself up in some extraordinary fashion and generally play the fool.

The fete day umbrella and sundry curious forms of headgear are brought forth. Several hold up candles. Although it is daylight, to show how civilized and up to date they are. Crude musical instruments—anything that will make a noise—are greatly to the fore on such occasions as these.—Wide World.

Minard's Liniment Cures Diphtheria.

ICE-WAGON COMEDY.
Driver—(on front)—I wasn't a ways driving an ice wagon. I once owned a string of horses and wore diamonds. Weigher (on back)—That's nothing. I used to own me own mansion and motor every day to kill time. Boss (on sidewalk)—Say, you fellows stop letting off so much "hot air," will you? First thing you know you'll melt the ice and we'll go in short.

HONORED CITIZEN.

(Cleveland Leader.)
"You treat that gentleman very respectfully."
"Yes, he's one of our early settlers."
"An early settler? Why, man, he's not more than 40 years old."
"No, but he pays his bills on the first of every month."

There is nothing that takes the excitement out of a man like attending his own wedding.

TORTURED FOR SEVEN YEARS



MADAM JOSEPH LIRETTE
No. 111 George St., Sorel, Que.
"For seven years I suffered from womb disease and dreadful torturing pains, and I had constant Dyspepsia and Chronic Constipation—the latter so bad that sometimes I went ten days without action of the bowels. Six different doctors treated me and for a year I was in bed, constantly facing death. Then my husband coaxed me to try "Fruit-a-lives" and this medicine, and nothing else, cured me and saved my life."
(Signed) Mme. JOSEPH LIRETTE, 50c. box—6 for \$2.50—or trial box 25c.—at dealers or from "Fruit-a-lives Limited, Ottawa.

Queen's Curious Perquisite.

The Welsh captain who caught a sturgeon in the Welsh harbor and offered it to King George was doing no more than his duty. His Majesty is entitled to every sturgeon landed in the United Kingdom, and one of them, caught in the Thames, grazed the festive board at Queen Victoria's wedding banquet. The King also has the right by statute to the head of every whale caught on the coasts of his kingdom.

The tail of the whale is Queen Mary's perquisite, the object of this curious division being that her Majesty shall always be well supplied with whalebone, although singularly enough the whalebone is the King's half. Among other things which the King is entitled to receive are a pair of white doves, a pound of eunim seed, a pair of scarlet hose and a silver needle from his tailor.—From the London Daily News.

Dr. Morse's Indian Root Pills

Exactly meet the need which so often arises in every family for a medicine to open up and regulate the bowels. Not only are they effective in all cases of Constipation, but they help greatly in breaking up a Cold or La Grippe by cleaning out the system and purifying the blood. In the same way they relieve or cure Biliousness, Indigestion, Sick Headaches, Rheumatism and other common ailments. In the fullest sense of the words Dr. Morse's Indian Root Pills are
A Household Remedy

Oil Road in Kansas.

The Standard Oil Company offers to donate \$700 worth of crude oil to use on a mile of road in different counties. State Engineer Gearhart, of the Kansas Agricultural College, says it will cost between \$400 and \$500 to prepare a mile of road for the use of oil. In Jackson County an effort is being made to raise the money necessary to prepare the road for the oil.

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 Dominick, and the price is from \$80 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.

New Style Foundations.

A new method of constructing the foundations of buildings in order to prevent, as much as possible, earthquake shocks from being communicated to the building has been devised and patented by Dr J. A. Calantariants, of Scarborough. In this system the foundation, which is built in the usual manner, is faced with hard material such as granite or iron, and upon this facing layers of talc, mica or other smooth substances are deposited, each layer being dusted with powdered talc, mica, asbestos, soapstone, or sand, or mats of asbestos, etc., may be used without the plates of talc. Slabs of granite or iron placed on this prepared zone form the base of the superstructure. The object of the arrangement is, in the case of an earthquake, to allow the building to slide laterally. Means are provided for rendering the service pipes flexible at the point where they issue from the ground.

TO SAVE THE BABIES.

Big Gotham to Go at the Work Again This Season.
The New York Department of Health, which last year made a reduction of 20 per cent. in the city's infant mortality rate for the months of June, July, August and September, has its plans now completed for this year's campaign, and, beginning July 1, 101 doctors will be on hand, as well as the 142 nurses, who have been at work since April 5, visiting babies in the poorer sections of the city.

The plans rely on the co-operation of sixty different private agencies and charitable organizations working with the Department of Health, and supplying relief of all kinds where it is needed, such as milk, ice, permanent nurses for serious cases, vacation trips and outings, and money relief where that is considered desirable. The campaign is in charge of the Division of Child Hygiene, whose head is Dr. S. J. Baker, and the office looks like the staff tent of an army on manoeuvres—maps flagged to represent every death last summer, maps by districts for the nurses, and ward maps. Charts of all kinds are ready, on which each move is planned. There are daily reports and weekly estimates, which the doctors in charge follow as closely as a broker does the fluctuations of the stock market.

BABY'S OWN TABLETS

CURE SUMMER COMPLAINTS

Baby's Own Tablets should be kept in every home where there are infants and young children, and at first sign of illness during the hot summer months they should be given to the little one. At no time of the year is baby in such danger as in summer. Summer complaints come on so quickly that unless prompt aid is at hand the little one may be beyond help in a few hours. The Tablets never fail to relieve the sick child, and if occasionally given to the well child they will keep him well. Mrs. P. Larocque, Les Fonds, Que., says: "Last summer my baby suffered severely from stomach and bowel troubles but the prompt use of Baby's Own Tablets saved his life." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Long Serpentine Wharf.

One of the longest wharves in the world, almost a mile in length, or to be exact 4,700 feet, is at Port Los Angeles, Cal. It extends into the Pacific in a long, serpentine curve. The reason for this construction is that it offers better resistance to the strong currents and the buffeting of the waves than if it were perfectly straight. Until the nearby harbor of San Pedro was developed by the Federal Government the big wharf at Port Los Angeles was a very busy place, but of late this comparatively seldom used except by the Japanese fishermen, who have established a colony along the adjacent beach.—From the Scientific American.

WIRE WOUNDS.

My man, a very valuable one, was badly bruised and cut by being caught in a wire fence. Some of the wounds would not heal, although I tried many different medicines. Dr. Bell advised me to use MINARD'S LINIMENT, diluted at first, then stronger as the sores began to look better, until after three weeks the sores have healed and best of all, the hair is growing well, and is NOT WHITE as is most always the case in horse wounds.

F. M. BOUCET.
Weymouth.

SULTAN OF ZANZIBAR TAKES IN SIGHTS OF LONDON TOWN.



Sultan Seyyid Ali and British naval officer.

And now the Sultan of Zanzibar is making a trip through Europe, though he is not lecturing any to speak of. His dusky highness went to London to be present at the funeral of the king, and like it so well there that he prolonged his stay to take in the sights. The British government detailed an officer of the navy to show the negro sultan around.

AN EMBARRASSING WORD.

(Catholic Standard and Times.)
"Then," said the reporter, "I say several pretty songs were rendered by Miss Packer."
"Oh! gracious, no!" replied the hostess, "you mustn't say 'rendered.' You see her father made all his money in land."

The kind of man who always knows what his wife's clothes cost, says the Dallas News, is either a detective or a nuisance.

SHREDDDED

A Nourishing, Strength-giving Substitute for Meat

Serve biscuit smothered in creamed vegetables, or cover with any seasonable fruit and add cream and sugar.

At your grocer's, 13c. a carton, two for 25c. 2112

WHEAT

WORK MISS MINER IS DOING.

Girls Sent to the Night Court Know and Rely on Her.
"A woman in New York has penetrated the underworld," says a writer in the American Magazine. "She has gone into evil houses, she lives with street-walkers, she glides like a good spirit through the mockery and glare of the night court, the police respect her and the magistrates lower their voices when she is near."

"She has sent to prison some of the men who live on women, men who try to kill and sometimes do kill the girl who betrays them; yet no attempt has ever been made on her life."
"Time was when a girl arrested for the first time and brought up before the magistrate in the night court was released back to the street. Such girls have no true friends or any shelter. The street gets them again."

"But since February, 1908, the first offenders are allowed to go to a quiet house on West Tenth street on probation. They may stay a day, a week, a month, a year. They are taught a trade, they work and play; they are given employment when they leave, but best of all, they find a human being who has love for them. This explains why one-third of the 300 girls who have been inmates of Waverley House have been permanently reformed, a remarkably high percentage."

"The work of these miracles is Maude E. Miner. She got her M. A. degree at Columbia in 1906. Largely through her efforts the city may yet have a house of detention for young girls waiting for trial instead of the jails, where they are herded with hardened criminals."

"She is naturally a woman of the greatest faith in human nature. She has no false pride in making sacrifices, for out of these she gets the greatest joy. Her motto is love her. At Christmas a girl who could not call wrote her: 'I have worn the closing words: 'My Christmas present to you is a very good girl's love.'"

"Maude Miner is only 29 years old, but she bears some of the marks of great struggle. Her hair is already turning gray."

Practically every up-to-date druggist, grocer and general dealer now sells Wilson's Fly Pads.

Improved Drawing Inks.

The distinguished German chemist Ostwald has taken out a German patent for the improvement of drawing inks and water colors. He has found that by the addition of small quantities (from 1:100 to 1:1000) of volatile organic compounds of the aliphatic series, which are soluble in water, at least to a small extent, and contain not less than four atoms of carbon, inks, drawing inks and other water colors are rendered capable of readily marking such surfaces as parchment, ivory, waxed paper, etc. In the case of neutral liquids, an alcohol ester or other neutral substance is used, while to acid inks, free fatty acids, such as valeric, may be added.

A little more than spoils great plans.

ISSUE NO. 27, 1910

AGENTS WANTED.
START A TEA ROUTE TO-DAY. SEND for postal for circulars, or list for samples and terms. Alfred Tyler, London, Ont.

FOR SALE.

FIRST-CLASS GROCERY STOCK AND buildings for sale. Address Sydney Smyth, 404 Talbot street, London, Ont.

Dr. Martel's Female Pills

SEVENTEEN YEARS THE STANDARD Prescribed and recommended for 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.

Home Breeding of Horses.

For a number of years army circles have been discussing the advisability of providing for the United States army large horse ranches that will supply the latter with its much-needed war steeds as specially trained army horses are almost as necessary to modern warfare as smokeless powder.

It is now announced that the Department of Agriculture will attempt to inaugurate a system for supplying the army with special army trained nags. European countries generally have their horse-raising done by their departments of agriculture, Russia being the only nation whose horse breeding is entirely under military supervision.

Minard's Liniment Cures Garget in Cows.

FATE OF THE UNFAMILIAR.

(Boston Transcript.)
"I understand that you have two brand-new jokes in your dialogue."
"Yes," replied the musical comedian.
"What are they?"
"You recognize them by the way the audience treats them as strangers and refuses to give them a smile."

Med. Weak, Weary, Watery Eyes. Relieved by Murine Eye Remedy. Try Murine For Your Eye Troubles. You Will Like Murine. It Soothes. See At Your Druggists. Write For Eye Books. Free. Murine Eye Remedy Co., Toronto.

THE OTHER SIDE.

(Louisville Courier-Journal.)
"I see you employ a number of old men."
"I do."
"How old are they?"
"Too old to be interested in canoeing, or mandolins, or race horses, or girls, or tennis. That makes 'em fine for work."

NEWS OF THE DAY

Young Farmer Attacked by a Snake

A Roman Deputy Paralyzed

Folding Bed Closed People

Mr. A. B. Klugh, pointed assistant professor of botany at

John W. Daniel, Virginia, died at Lantana, Fla. death by a snake bite.

The Boston Canada great banquet expected to have six President Taft as guest.

Thomas Dobbie, player who was between Bradford and Brautford hospital.

George Kains, brother of St. Thomas, a glaucous, dropped dead on Wednesday.

Fire broke out at noon in the Alaska factory, Winnipeg, building and plant \$35,000.

Dr. K. McE. Knigtony in the University been appointed president of the Cincinnati.

George W. Smith estate agent, has of the Second and Elgin county, succeeded.

Peter Lyall's brick school at Montreal, cause their former the union.

Ardan Mitchell, Greinolds, fifteen, bodies mangled by more of Ohio.

Wheaton, W. G. After the extreme week in Manitoba cooler last night. Southwestern Manitoba storms with heavy.

While Signor Rome represented Rome in the Chamber speaking in the Chamber.

Charles D. Clark pioneer newspaper following four weeks attack of neuritis years old. He is still.

The falling of the at the Eastern City afternoon crushed left leg so badly putated later in.

Announcement Bank that the branch in London management of M years one of the Bank of Scotland.

Chas. Bamberg Wheeling, Va., his back, and his wife with a broken the sudden death their home.

The Grand Tour a daily passenger up and down on Sunday except a thirty-hour train any train now.

The French in Charlotte, N.C., and sank at the end of thirty miles. The ship was lost.

A promotion of per minute. He is by the Board of Development in the death of two of the time foreman of laborer, none of.

Meta, the wife of Mr. and Mrs. A. J. East, London, boisterous when she and she was not bossy. It is not a cover, as her.

While he was sleep in the of the Union state William F. was struck by a crushed so badly the thumb was Western Hospital.

Before Judge Toronto, Ont., Matthew, and guilty to separate one with. They were on or three months paid.

Atelbert, the Vanvelson farm was attacked in furcated hog, a leg horribly mangled. A doctor in the wound poisoning.

Col. Danison, the Winnipeg mesday on the described by the fiery oratorical years. The into no effect on the smoke in well-thused the bird.