

ST. JOHN'S STAR, SATURDAY, MARCH 19, 1904

5

Woman's World.

IN THE PLACE OF MEAT.

Many vegetables may be served instead of meat, but they do not possess meat value. For instance, a dish of creamed tomatoes on toast may be served for luncheon in place of meat, and eaten with bread or other vegetables, but such a dish has absolutely no meat value. On the other hand, dishes composed of nuts, old peas, beans and lentils have true meat value without the fat of meat; hence, they are better adapted for summer than heavy meats. These, for example:

Bean Croquettes. Cover a pint of beans with water, soak over night; drain and cook in fresh boiling water until tender (about one hour); drain, press through a colander; add a level teaspoonful of salt, a saltspoonful of pepper and a tablespoonful of butter; mix thoroughly, roll into cylinder-shaped croquettes, dip in beaten egg, roll in breadcrumbs and fry in hot fat. Serve with tomato sauce.

This recipe will also answer for dried peas or lentil croquettes.

Macaroni Croquettes. These have meat value. Put four ounces of macaroni into a kettle of boiling water, boil rapidly for thirty minutes, drain; chop or cut into small shreds; pieces. Put half a pint of milk over the fire; when hot add a tablespoonful of butter and two tablespoonfuls of flour rubbed together. Stir until thick; add a level teaspoonful of salt, a saltspoonful of pepper and a tablespoonful of onion juice. Turn out to cool; when cold form into pyramid-shaped croquettes, dip in egg, roll in breadcrumbs and fry in deep hot fat. Serve with tomato sauce sprinkled with cheese, or with cream cheese sauce.

Hot Croquettes. Blanch twenty-four almonds; add them to half a pint of pine or pecan nuts chopped or ground very fine; mix them with an equal quantity of cold cooked hominy or cold boiled rice; add half a teaspoonful of salt, a saltspoonful of onion juice, a saltspoonful of pepper; mix thoroughly; form into small cylinder-shaped croquettes, dip, roll in crumbs, and fry.

Coddled Souffle. Pick apart and soak over night half a pound of salt codfish. Next morning drain, and add to it one pint of light, mashed potatoes, four tablespoonfuls of hot milk, and the yolks of two eggs. Mix, and fold in the beaten whites of the eggs. Put into individual cups or a large baking-dish and bake in a quick oven for from five to fifteen minutes.

Stuffed Tomatoes. Mix half a pint of stale breadcrumbs, half a cupful of finely chopped nuts, a grated onion, a level teaspoonful of salt, a saltspoonful of pepper, and a tablespoonful of butter, melted. Cut the stem and from six large tomatoes, and take out the seeds; wash and dry; stuff with the mixture and stand them in a baking-pan; add half a cupful of water and bake in a quick oven for thirty minutes, basting once or twice. This same mixture may be stuffed into cucumbers or squash.

Fried Eggplant. Pare and cut eggplant into slices half an inch thick; cut these into quarters; dust quickly with salt and pepper; dip them at once into beaten egg; roll them in breadcrumbs and fry in hot fat; drain on a paper and serve at once. Eggplant loses its crispness after standing a few minutes. Under no circumstances should eggplant in salt and water, as this draws out the juice, makes the fibres tough, and robs it of its delicate flavor. Cucumbers and squash may be cooked in the same way.

Mock Fish. Grind one pint of mixed nuts—pine nuts, pecans, black walnuts be hickory nuts; mix with them a pint of cold boiled hominy, half a cupful of stale breadcrumbs, three hard-boiled eggs, chopped fine, a tablespoonful of chopped parsley, a saltspoonful of grated onion, and one whole raw egg. Make this into the form of a fish, place on greased paper, bake and baste in a quick oven for thirty minutes. While it is baking cut into strips and slightly brown one dozen almonds. When the "fish" is done garnish with parsley and quarters of lemon; cook until the browned almonds to represent the fins, and make an eye, using a bit of truffle or anything at hand, to make it look natural. Serve with sauce Hollandaise. This is one of the most delicious of summer dishes.

Fruit Cheese. This is served cold, cut in thin slices just as one would serve cold meat. Chop sufficient mixed nuts to make one pint; add six bananas that have been peeled, mashed, or chopped; add half a teaspoonful of salt; stir until thoroughly mixed. Pack into a mould. Stand the mould in a steamer or kettle in hot water, and boil continuously for three hours.

Lentils, Egyptian Style. Wash well one pint of lentils; soak over night, and next day drain. Cook in boiling water until tender—about one hour; drain again. Put two tablespoonfuls of butter into a saucepan, add one finely shredded onion; cook until the onion is soft, not brown; add the lentils and an equal quantity of boiled rice. Mix; stir over the fire until hot. Add a level teaspoonful of salt and a saltspoonful of pepper. This dish has meat value.

Cheese Pudding. Toast four slices of bread, and butter each slice; put one slice in the bottom of a baking-dish; put over one inch of chopped cheese, run on top of this another slice of toast, and so continue until all are used; add sufficient milk to just come to the surface of the bread. Bake in a quick oven for twenty minutes, and send at once to the table.

Japanese Eggs. This dish not only takes the place of meat but also of vegetables. Put six eggs in warm water, bring to boiling point and cook slowly for fifteen minutes. Boil one cupful of carefully washed rice; drain and dry in the oven. Cut the eggs into halves, crosswise, take out the yolks, and mash with them with two teaspoonsful of melted butter, half a teaspoonful of salt and a saltspoonful of pepper; roll into small balls, and put them back into the whites. Turn the rice in the centre of the platter and smooth it over. Stand the eggs in the rice and pour over half

a pint of carefully made white sauce. Garnish with greens and send at once to the table.

WHAT HOUSEKEEPERS SHOULD NOT DO.

Don't clutter up the kitchen when getting up a meal, because it will take hours to "clean up" after the meal is over.

Don't put a greasy spoon on the table. It leaves a stain which requires time to erase. Put it in a saucer.

Don't crumple up your dishcloths. Hang them out to dry.

Don't pour boiling water over china packed in a pan. It will crack by the sudden contraction and expansion.

Don't blacken a stove while it is hot. It takes more blacking and less polish.

Don't put damp towels and napkins in the hamper. Dry them first or they will mildew.

Don't use good knives for scraping the table. A Teller knife costs ten cents and will answer the same purpose.

Don't pour boiling water and soap on grease spots. Moisten the spots first with a cold saturated solution of salt soda, then scrub them with the grain of the wood, using cold soap.

Don't put egg dishes into hot water; it makes the egg adhere. Soak the dishes first in cold water.

Don't allow the soap to remain in a bucket or pan of hot water; it wastes. Have soap-cups to fasten to the sides.

Don't scour the inside of coffee-pots. Wash them with hot soap-suds, using a mop to dry thoroughly.

Don't put tin pans on the stove to dry. They become heated, the solder loosens, and they soon leak.

Don't crack ice in a tin pan; the pan wears out quickly or leaks at once.

Use a wooden tub.

Don't put tin dishes in greasy water. It renders the brightest.

Don't wash glasses in clear water. Use a little soap.

Don't add lard, molasses or sugar to bread if you wish it to keep well and be wholesome.

Don't spoil good, fresh fruit by making it into pies or puddings.

Don't moisten your food with the idea of saving your teeth. It spoils the teeth and you will soon lose them.

Don't throw away pieces of bread. Save, dry, roll them and put them aside for breading.

Don't use cracker-crumbs if you can get bread-crumbs.

Don't salt cucumbers or eggplants before cooking. It makes them indigestible and unpalatable.

Don't use steel knives for cutting fish, oysters, sweetbreads or brains. They become blackened and give an unpleasant flavor.

Don't save cold coffee in the pot in which it was made. It is unwholesome. Put it in a jar; cover and reheat it quickly at serving time.

Don't use butter for frying purposes. It decomposes and is unwholesome.

Don't use tablecloths for breakfast or supper. Small doilies are much better, and more easily laundered.

Don't put ice in your drinking water. Cool the water by putting it near the ice.

Don't fill the teakettle the night before. Fill it with fresh water in the morning, bring it to the boiling point and then use it at once.

Don't serve mashed potatoes with mutton or chicken. Reserve them for beef.

Don't wipe cut glass with the towel. Dry it in sawdust.

Don't put vinegar or severe acids in metal dishes.

Don't allow graniteware to dry over a hot fire. The iron expands, chipping off the entire outside.

Don't allow your marketing to stand in the kitchen, especially during warm weather; put it away at once. Meats frequently become heated and quickly spoil.

Don't boil milk for coffee. Scald it.

Don't put butter in your refrigerator with the wrappings on.

Don't scrub your refrigerator with warm water. When necessary sponge out quickly with two ounces of formaldehyde in two quarts of cold water.

Don't put tablecloths and napkins that are fruitained into hot soap-suds; it sets or fixes the stains. Remove the stains first with dilute oxalic acid, washing quickly in clear water.

Don't salt meat before cooking. Add it after the meat is cooked or when nearly done.

Don't boil meat at a gallop. Boil five minutes, then cook at a temperature of 160 degs. Fahrenheit.

Don't make bread into large loaves. The centre is apt to be underdone and spoil easily.

Don't keep outcarts in the cellar in an open vessel. They are liable to become poisonous.

Don't wash omelet-pans. Rub with soft pieces of paper, wipe them out and keep in a clean closet.

Don't scrub nor wash your fish plank. Rub it with sandpaper each time it is used, polish it with a piece of brown paper, and put it at once into an unbleached muslin bag made for the purpose.

THE FAMOUS ONES OF YESTERDAY.

(S. E. Kiser in Chicago Record-Herald.) Oh, where is mighty Kitchener, The past of glory and glory?

And Ellen Stone, ah, what of her? We hear her name no more.

And what of "Coke" Harvey doing now, And "Bootsie" Jerry, say? Where's Opi. Lemly, anyhow? His Fustian passed away?

Where's Eaden-Powell now, and who is watching Simon Sam? Oh, what's become of Paddy too? Whose other name was Clam?

Oh, fame's a fleeting thing, alas! The heroes come and go. So many things are brought to pass Within a year or so.

Who, when the snowflakes fly next fall, May name one Russian chap, Or still be able to recall The name of any Jap?

WANTED—A case of Headache that EUMFORT Powders will not cure in from ten to twenty minutes.

SUNDAY SERVICES

St. John's Church—Rev. J. de Soyres rector. Services tomorrow (V. Sunday in Lent.) 8, Holy Communion; 11, Morning prayer and sermon, preacher, the Rector; 3, Sunday school; 7, Evening prayer and sermon. Preacher, Rev. A. G. H. Dicker, rector of St. Paul's Church.

Trinity Church—Rev. Canon Richardson, rector; Rev. G. R. E. MacDonald, 6th Sunday in Lent. Morning service and celebration of the Holy Communion, 11; Bible class for men and women at 2:45; Junior Bible class for young men at 2:45; Sunday school at 3; Evening service, when all seats are free, at 7. Rev. Canon Roberts, rector of Fredericton, will preside at both services.

St. John's Church—Rev. R. P. McKim, rector. All seats free at all services. 8 a. m., Holy Communion; 11 a. m., Morning prayer; 2:30 p. m., Sunday school and Bible class; 7 p. m., Evening service.

Tabernacle Baptist Church, Haymarket Square—Minister, Perry J. Stackhouse. Preaching services at 11 a. m. and 7 p. m. Sunday school at 11 a. m. and 7 p. m. Evening subject, "The Temple of Jesus." Evening subject, "What Displeasure Involves." Seats free. Strangers welcome.

Main St. Baptist Church—Howard H. Roach, minister. Preaching at 11 and 7. Sabbath school and men's league at 10:30.

Fairville Baptist Church—Rev. A. T. Dykeman, pastor. Preaching next Sunday at 11 and 7 o'clock by Evangelist Wallace. The pastor will be assisted by Mr. Wallace in evangelistic services every night this week except Saturday.

Carlton Free Baptist Church, Charlotte street, St. John (west)—Rev. R. W. Ferguson, pastor. Preaching at 11 a. m. and 7 p. m. Sunday school at 11 a. m. and 7 p. m. Special services will be continued every evening next week except Saturday at 7:45 p. m. All are invited to come.

Leinster St. Baptist Church—Pastor, Christopher Burnett will preach at the morning and evening services. Men's Bureau Bible class at 2 p. m. Wednesday evening. Young people's meeting at 8 p. m. Friday meeting Wednesday evening.

German Street Baptist Church—Rev. O. O. Dr. J. Chas. R. Appleton, pastor. Preaching at 11 a. m. and 7 p. m. Sunday school and Bible class at 2:30 p. m. and 7 p. m. All are invited to come.

St. John West Methodist Church—Rev. J. Kirby will preach in the morning and evening. Rev. James Burgess in the evening.

Fairville Methodist Church—Class meeting, 8:30. Morning preacher, Rev. Henry Pennington. Evening preacher, the pastor, Rev. W. J. Kirby. Theme, "Christ and Peter, or the threshold of Confession." All are welcome.

Zion Methodist Church, Junction of Wall street and Burpee avenue—The pastor, Dr. J. Chas. R. Appleton, will preach at 11 and 7. Sabbath school at 2:30. Subject in the evening, "The Outlook from Obedience." All are welcome.

Coburg Street Christian Church—Preaching at 11 a. m. and 7 p. m. by Evangelist J. W. Robinson. Sabbath school at 2:30 p. m. X. P. S. C. E. on Monday evening at 8 o'clock. Prayer and praise service on Thursday evening at 8 o'clock.

Douglas Avenue Christian Church—Preaching at 11 a. m. and 7 p. m. by the pastor, J. Chas. R. Appleton. Sabbath school at 2:30 p. m. Special meetings will be continued every evening except Saturday at 8 o'clock. Miss Murray, gospel singer, will sing at the services at 8 o'clock. All are cordially invited to attend.

Gospel service at The King's Daughters' Guild Sunday, 4 p. m. Leader, Miss Cameron. Subject, "Lighted Candles." All are welcome.

Alderman Maxwell will address the temperance meeting in Union Hall on Sunday afternoon at 4 o'clock. Special music by the choir. Address by Rev. Christian Science Services in new hall, 18 G. Main street. First Church of Christ, Scientist, St. John, N. B. Services, 11 a. m. Sunday school, 12:15 p. m. Subject for Sunday morning, "Readiness of heart." 8 o'clock. The reading room is open every day from 2:30 to 5 p. m. To all these services the public are cordially invited.

Services at 11 a. m., Rev. C. W. Robinson, pastor. At 7 p. m., the pastor, Dr. H. W. Sprague, will be the preacher. Sabbath school at 2:30 p. m. Strangers cordially welcomed to all these services.

FIRE AT DORCHESTER.

DORCHESTER, N. B., March 18.—The general store owned by Scott H. Dickie, in this place, was entirely consumed by fire at an early hour this morning. The estimated value of the stock is \$5,000, and the insurance carried was \$2,500. The origin of the fire is a mystery. The building was a mass of flames and ready to collapse before discovered. Mr. Dickie has been unfortunate in losses during the last two years. He has suffered twice from burglaries which have never been traced.

Frederick, the twenty-two year old son of Captain John Stewart, for years a resident of Dorchester, died at Sackville yesterday, after a long illness extending over a year. The funeral takes place tomorrow (Saturday) at 2 o'clock, under the joint auspices of the Independent Foresters and the Orangemen.

MT. ALLISON WON.

SACKVILLE, March 18.—The debate between Mount Allison and U. N. B. took place in Mount Allison this evening. The attendance was very large, and the greatest interest was manifested in the proceedings throughout. Chas. D. Richards, Wm. G. Fugley and J. McCarthy of the U. N. B. argued in favor of government ownership of railways, while A. S. Tuttle, E. S. McQuaid and W. B. Bell of Mt. Allison upheld the negative. Hon. W. T. Fyfe of Sackville, who acted as judge, decided in favor of Mt. Allison. In presentation he said the sides were about equal, but Mt. Allison was superior. Mt. Allison boys celebrated the victory in true college style.

Tomorrow representatives from U. N. B. and Acadia confer with Mt. Allison in order to draw up rules to govern intercollegiate athletics.

Bicyclists and all athletes depend on EUMFORT Powders to keep their joints limber and muscles in trim.

AT THE LONDON HOUSE.

Saturday, March 19th.

Early Spring Millinery Opening Tuesday, Wednesday and Thursday Of Next Week,—the 22nd, 23rd, 24th insts. Two Special Lines Japan Silk Shirt Waists.

The White Wash Silk Shirt Waist has come to be the supreme favorite for this season.

We have a great many different styles to show but we mention here only two of the most prominent and of extra good value.

At \$3.75—Fine White Jap Silk Waist, with yoke of lace and fine tucks, very full puff sleeves, with band of lace and fine tucks.

At \$4.50—Very pretty Jap Silk Waist, with lace yoke back and front—many fine tucks between rows of insertion. New puff sleeves with lace bands. Sizes 32 to 40.

EASTER NECKWEAR.

Beautiful new designs in ladies' Silk and Chiffon Neckwear, here now for the Easter show.

New American ideas in large bow effects.
New Lace Trimmed Chiffon Collars.
New Gold Embroidered Collars.
Embroidered Silk Washing Collars.

EASTER KID GLOVES—Leaders.

Real French Kid Gloves from the best makers. Every pair guaranteed.

At \$1.00—A guaranteed French Kid Glove, soft and fine, two clasp covers; in white, grey, brown, mode shades, tuscan, black, etc.

At \$1.25—New Dressy Glove with a variety of stitchings, blown fingers; in white, modes, pearl grey, brown, black, etc.

At \$1.50—"Extra Selected" Suede-Gloves. Every pair guaranteed. Fine, soft, selected skins.

EASTER DRESS ACCESSORIES.

New Silk Fibre Trimmings in white, champagne, black or lawn.

Colored Chiffon Collar Forms.

New designs in Fancy Metal Buttons.

Latest Belt Buckle Sets.

New fitted Shopping Bags.

Walrus's Leather-fitted Shopping Bags, with pocketbook, salts and mirror.

Novelty Veilings in very becoming new effects. Greys, Browns, Blues, or with White Pin Dots.

SALE OF BLACK CHIFFON READY-TO-WEAR HATS.

This morning we put on sale a manufacturer's line of sample Black Chiffon Hats. All the very newest designs, trimmed or untrimmed.

All at One Price—\$3.98 Each.

LADIES' GOLF JACKETS.

Fancy Knit, high neck

Sweaters—navy, cardinal, cream or black.

\$1.75, \$2.20.

THE PBETTIEST

DRAPERIES

In the market are

"poppy" DRAPERIES.

180. yard.

F. W. DANIEL & CO.,

London House, Charlotte St.

SULLY, THE COTTON KING, HAS FAILED AT LAST.

The Greatest Panic Ever Witnessed on Exchange Followed the News of His Suspension.

NEW YORK, March 18.—Daniel J. Sully, the cotton operator, who has for fifteen months been the biggest figure in the cotton markets of the world and who has "bulled" cotton from seven cents a pound to over seventeen, announced today his inability to make good his engagements on the New York cotton exchange. Within a few moments cotton fell nearly thirteen dollars a bale from the highest figures of the day.

Scenes such as followed the announcement of the failure it has been the privilege of few brokers to witness. Traders in the street have witnessed stock panics in previous years, corns have broken and many crashes have been recorded, but none has been accompanied by such frenzy and confusion.

While there had been no premonition of the impending crash, no morning of the season had witnessed a more demoralized market. In less than ten minutes after the opening, half a cent had been taken off the price of cotton. Prices went up and down 10, 20 and 30 points within two minutes. May opened at 15.25, and sold down to 14.75 in less than fifteen minutes, while July, opening at 15.25, went down to 14.85. Towards the end of the first half hour the announcement of the suspension was made by Supt. King, who read from the rostrum this notice:

"We regret that we are unable to meet our engagements and will therefore have to suspend."

"Daniel J. Sully & Co." For a few seconds there was an ominous quiet over the floor as though the news had stunned all within the hearing of the announcement. Then, with one impulse, a mighty shout went up from the bears who had been fighting Sully and the bull club of speculators. Hats were thrown into the air, coats were torn by frantic brokers in the mad efforts to unlock exchanges and chairs and camp stools were smashed into the pit to emphasize wild traders' efforts to sell. Messengers were hastily summoned and soon were rushing in and out of the building, telephone booths were besieged and the telegraph offices flooded with despatches.

Soon the news reached the stock produce and coffee exchanges, and orders on these markets hastened to the scene of the panic. Crowds assailed the entrance to the visitors' gallery, but a double guard was placed at these doors and admittance was refused.

At \$1.25—New Dressy Glove with a variety of stitchings, blown fingers; in white, modes, pearl grey, brown, black, etc.

At \$1.50—"Extra Selected" Suede-Gloves. Every pair guaranteed. Fine, soft, selected skins.

At \$1.75—New Dressy Glove with a variety of stitchings, blown fingers; in white, modes, pearl grey, brown, black, etc.

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HELD A COURT MARTIAL.

LEUT. Col. G. R. White, D. O. O. returned last night from Fredericton where he had been presiding at a court martial at the military school yesterday forenoon. Col. White was assisted by Capt. Winslow, 7th Batt., and Capt. McNaughton, 78th Batt. The prisoners were Pte. Tait, and the charge was stealing. Tait pleaded guilty, and the finding of the court was forwarded to the militia department for confirmation.

THE BATTLE LINE.

Str. Cunaxa, Capt. Journey, arrived at Leith yesterday from Hamburg. Str. Aarhus, Capt. Crossley, reached Aarhus yesterday from New Orleans via Norfolk.

Lame Back for Four Months.

Was Unable to Turn in Bed Without Help.

Plasters and Liniments No Good.

This was the experience of Mr. Benjamin Stewart, Zionville, N.B.

TWO-THIRDS OF A BOX OF

Doan's Kidney Pills

CURED HIM.

He tells of his experience in the following words: "For four months I was troubled with a lame back and all this time was unable to turn in bed without help. I tried plasters and liniments of all kinds with no effect. At last I was induced to try Doan's Kidney Pills, and by the time I had used two-thirds of a box my back was as well as as strong as ever and has kept so ever since."

Baskin, Frequent Thirst, Scanty Urine, Cloudy, Taint or Highly Colored Urine, Puffing under the Eyes, Swelling of the Feet and Ankles, are all symptoms of kidney trouble that Doan's Kidney Pills will cure.

Price per box or 3 for \$1.25, all dealers or

THE DOAN KIDNEY PILLS CO., TORONTO, ONT.