

happenings of the Week WOODSTOCK

Woodstock, Oct. 28.—Dr. A. Ross Currie and bride arrived home from St. John, N. B., last week.

Miss Lena Reynolds of St. John, was a recent guest of her sister, Mrs. (Dr) Grant.

The Misses Josephine and Theresa McKenna, of St. John West, who have been visiting Mr. Roy Tait, returned home last week.

Mr. and Mrs. J. A. F. Garden and Mrs. George Mitchell left on Monday for a trip to Boston.

Inspector Campbell, of the Bank of Nova Scotia, was in town over Sunday.

Mrs. Daniel Stewart and son Cecil, who have been visiting in Salem, Mass., returned home on Friday. Mr. and Mrs. Stewart will occupy the Wm. Connell residence during the winter.

Miss Helen Good was the guest of Mr. and Mrs. Charles Comben for a few days last week.

Mrs. H. B. Durost, who had been visiting her parents, Mr. and Mrs. S. A. Perkins, at Scribner, Kings county, has returned home.

Miss Bertha Putnam, social and moral worker for the Presbyterian church, delivered an interesting address in St. Paul's church on Wednesday evening.

Mrs. W. P. Jones, Mrs. F. B. Carvell and Mrs. J. A. Hayden will be the chaperons at the Halloween ball to be given in the Hayden Gibson Theatre.

A patriotic society was organized at Woodstock.

Woodstock, Oct. 28.—A host of friends here regret exceedingly to hear of the sad death of Miss Helen Kane, daughter of Mr. J. J. Kane, formerly of this town, but now of Quebec. Miss Kane resided here with her step-mother and step-sister, and was on a visit with her grandmother, Mrs. Howard, in Sussex, when taken ill. One sister, Beatrice, of St. John, also survives.

Miss Mabel Tinsley is visiting her brother, Mr. George Tinsley in Moncton.

Rev. Dr. J. Roy Campbell, who was the guest of Mr. and Mrs. Frank Gillespie and friends in Sackville, has returned to his home in Hampton.

Mr. Allen Landry left last week for St. John.

Woodstock, Oct. 28.—The patriotic concert given Friday evening, by the pupils of the Superior school, was greatly enjoyed by an exceptionally large audience. The proceeds amounting to \$37.15 were donated to the local Red Cross Society.

The Red Cross Society is making fine progress. Already many suitable articles have been shipped to St. John.

Miss Jennie P. Jardine has returned from a very pleasant visit to her sister, Mrs. S. Squires, at Waterford, Ontario.

Ruffino de Ollouqui has returned from a visit to his sister, Dr. M. J. de Ollouqui at Rogersville, Ontario.

W. A. Robertson has purchased George A. Irving's residence.

Woodstock, Oct. 28.—The call to Canada to "Wake Up" has been heard by the sons of Canada from ocean to ocean and has been answered in a manner that has not only sent a thrill through the British Empire, but has served as a splendid object-lesson to the rest of the world.

On Monday evening next, the question of trade expansion is likely to be before the St. John Board of Trade. It is hoped our business people will show their interest in this important question by attending the meeting, giving expression to their views, and helping the movement so far as they can.

"BUSINESS."

A FRIGHTFUL FIRE

Causes widespread sorrow—like a lightning bolt, the fire which broke out in the "Putnam's" Corn Extractor, that never fails and always cures, try it, 25c. at all dealers.

ARE THEY READY FOR WINTER, USE?

Your woolen or cotton blankets, quilts or bedspreads? If they are not sent them to Ungar's. Our method of doing this class of work will make them look like new. Phone 58 Main.

Ungar's Laundry, Dyeing and Carpet Cleaning Works, Ltd.

OBITUARY.

Roy Barnes

Sackville, N. B., Oct. 30.—The death of Roy Barnes of Woodpoint, occurred at an early hour this morning, after an illness of about a month, aged twenty-four years. Deceased was stricken with typhoid fever about four weeks ago and was considered out of danger. Last night he was seized with hemorrhage and passed away a few hours afterward. He is survived by his parents, Mr. and Mrs. Melbourne Barnes, four brothers and one sister. The brothers are Ernest of Amherst, Leonard and William of Calgary; Sydney at home. The sister is Fanny at home. Funeral will be held from his home Sunday afternoon at 2:30 o'clock. Rev. H. W. Cann will conduct services at home and grave. Interment will take place at West Sackville cemetery. Mr. Barnes was a traveller for Charles Fawcett Ltd.

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The World of Women The Apple is An Article of Food.

The following recipes have been taken from a publication edited by Miss L. Geprude MacKay, called "The Book of Apple Delights," and now available for everybody in Canada without charge. This booklet will be sent to any address on application to The Department of Trade and Commerce, Ottawa. There is no charge for the booklet, and persons desiring copies need not even stamp the letters containing their applications. A post card is just as good as a letter and will be given prompt attention. At the present time there may be a few day delay in issuing these on account of the enormous number of applicants which are being received by the Department, but all requests will be met in regular order, and it is believed that the book will be very generally appreciated.

THE APPLE AS AN ARTICLE OF FOOD.

The apple is without question the king of fruits. Whether fresh, dried, evaporated or canned, the apple is a wholesome food, easily prepared, attractive and palatable at all times. Because of its rare keeping qualities people in the most remote parts are able to take advantage of its great food value. Apples vary in flavor and texture. They are often marketed before they are mature, and the cooking and keeping qualities are thus injured. None of the soft, ineffectual apples are suitable for preserving; the sound, tart apples are the best for this purpose. In the fall and early winter, apples are at their best, and apples need not be added, because their flavor cannot be improved, but toward spring the flavor becomes somewhat flat and is improved by the addition of spices or other flavorings. Always cook apples in earthen or granite ware, and use wooden spoons for stirring. The use of the apple as a basis for practically all manufactured jellies and jams is well known. This is due to the large amount of pectose which it contains. There is no waste to a good apple. Even the paring and core may be utilized for jelly. Fruits are classified as flavor fruits and nutritive fruits. The apple comes under both of these heads.

Average composition of the apple: Water, 82.5; carbohydrates, 12.5; protein, 0.4; nitrogenous, 0.4; fats, 0.1; acids, 1.0; cellulose, 2.7 per cent. From a dietetic standpoint, the most important function of the apple is that of furnishing mineral salts and organic acids; but it has an important nutritive value as well, furnished by the carbohydrates present. As the fruit ripens, the starch changes to sugar. The apple has a medicinal value as well, especially if eaten at the beginning of the meal or between meals.

Varieties good for cooking: Duchess, King, Astrachan, Rhode Island, Greening, Alexander, Baldwin, Gravenstein, Blenheim, Golden Russet, Spy, Ribston, St. Lawrence, Wealthy.

Good Dessert Apples: Wealthy, Fameuse, McIntosh, Spy, King, Golden Cider Apples: Baldwin, Golden Russet, Gravenstein.

Afterthought.

One pint of nice apple sauce sweetened to taste stir in the yolks of two eggs well beaten. Bake for fifteen minutes. Cover with a meringue made of two well beaten whites and one-half cup of powdered sugar. Return to the oven, and brown.

Apples with Almond Praline, Jelly and Cream.

Core and pare ten apples in a syrup made of a cup of water and a cup of sugar, turn the apples and cook until fork will pierce them in the hollow center. Set the cooked apples on a serving dish. Drain off the syrup and keep it. Boil the syrup and chop fine one-fourth of a cup of almonds. Cook three-fourths of a cup of sugar to a caramel; when the sugar begins to turn a light brown add the almonds and stir constantly until the sugar is cooked enough. Put a spoonful of the caramel on the top of each apple around the central opening; put a teaspoonful of currant jelly in the center of each apple. Beat a cup of cream until firm; put this around the apples and serve.

Apricot Sherbet Served in Apple Shells.

Select bright red apples of uniform size, rub until they have a high polish. Cut off the blossom end and scoop out the pulp, carefully noting the shape. Fill with apricot sherbet and serve upon apple leaves.

Apple Balls with a Mixture of Fruit.

Peel large apples, with a potato scoop cut out small balls, chop fine into water with a little vinegar added to keep them white. Prepare a mixture of grapefruit pulp, pineapple and banana and put into glasses; add a few of the apple balls, pour over all the juice left from the fruit which has been boiled down with sugar; cool and serve at once or the apples may turn brown.

Apple Balls Served in Syrup.

Prepare the apple balls as before; prepare a rich sugar syrup; color with a little pink color paste and drop in the balls, cook slowly until the balls are softened, pile in glasses and add a little syrup to each glass. Serve cold.

Apples in Bloom.

Cook red apples in boiling water until soft. Heat the water half surround the apples and turn often. Remove skins carefully that the red color may remain and arrange on serving dish. To the water add one cup of sugar, grate rind of one lemon and juice of one orange; simmer until reduced to one cup. Cool and pour over the apples. Serve with cream sauce.

Cream Sauce.

Beat the white of one egg stiff; add the well beaten yolk of one egg and gradually add one cup of powdered sugar. Beat one-half cup of thick cream and one-half cup of milk until stiff, combine the mixture and add one-half teaspoonful of vanilla.

Brown Betty, I.

One cup of bread crumbs, 8 sliced apples, one-half cup of molasses, one-half cup of cold water; butter a baking dish, put a layer of crumbs, then a layer of apples, sprinkle with cinnamon and sugar and dot with bits of butter; repeat the dish is full; add several generous lumps of butter and pour sweet milk or hot water on until it comes within an inch of the top of the dish. Bake in a moderate oven until brown and serve with plain or whipped cream.

Brown Betty, III.

Four four teaspoonfuls of melted butter over one and one-half cups of soft bread crumbs; stir until the crumbs are evenly buttered. Put a layer of the crumbs into a well greased pudding dish, mix 1 cup of sugar, one cup of chopped raisins, one teaspoonful of cinnamon and one-quarter of a teaspoonful of cloves. Put a layer of the apple mixture over the crumbs and alternate until all is used, finishing with crumbs. Cover closely and bake for three-quarters of an hour in a moderate oven, uncover and brown. Serve hot with hard sauce, or cold with cream.

Apple Butter Canapés.

Cut thick slices from a loaf of brown bread; stamp into rounds with a biscuit cutter. Spread each round with apple butter. In the center place an English walnut or hickory nut meat and arrange a border of chopped nuts around the edge. Serve with cheese cubes.

Apple Butter.

Pare, core and quarter the desired quantity of apples, allowing one pound of sweet to two-thirds of sour apples. Boil sweet cider until it is reduced one-half. While the cider is boiling rapidly add apples until the mixture is the desired thickness. Cook slowly, stirring constantly, a skimming when necessary. When the apples begin to separate from the cider take two pounds of sugar and one bushel of apples used; add a little ground cinnamon and boil until it remains in a smooth mass, when a little is cooled, usually one and one-half bushels of apples are enough for one and one-half saloons of bottled cider.

Apple Biscuit.

To one pint of light bread sponge, add one-quarter cup of molasses, one tablespoonful of lard and Graham or whole wheat for a soft dough. Beat vigorously and finally work into the dough one large cup of chopped apples; shape the dough into biscuits and place in muffin pans and allow them to be very light before baking.

Dried Apple Butter.

Wash one pound of dried or evaporated apples thoroughly, soak overnight; in the morning cook with plenty of water. When well done rub through a sieve or colander; add sugar and cinnamon to taste. The juice of one lemon, juice of two oranges and butter the size of an egg. Cook slowly until it will drop heavily from a spoon.

Apples En Casserole.

Pare, core and slice two quarts of apples and put in an earthen dish, alternately, with one and one-half cups of sugar; add one-half cup of water.

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Brown Betty, II.

Pare and chop six apples; place a layer of apple in a well buttered dish, sprinkle with brown sugar and cinnamon; repeat until the dish is full; add several generous lumps of butter and pour sweet milk or hot water on until it comes within an inch of the top of the dish. Bake in a moderate oven until brown and serve with plain or whipped cream.

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ternately, with one and one-half cups of sugar; add one-fourth cup of cold water, cover the dish and bake in a moderate oven. Serve either hot or cold with cream.

Apple Catsup.

Quarter, pare and core twelve sour apples. Put in a saucepan, cover with water and let simmer until soft; nearly all of the water should be evaporated; rub through a sieve and add the following to each quart of pulp: One cup of sugar, one teaspoonful of cloves, one teaspoonful of mustard, two teaspoonfuls of cinnamon and one tablespoonful of salt, two cups of vinegar and two grated onions. Bring the catsup to a boil and let simmer gently for one hour. Bottle, cork and seal.

Apple Charlotte, I.

Soak one-half box of granulated gelatin in one-half cup of cold water for half an hour. Whip one pint of cream and set on ice; add one half cup of powdered sugar, a tablespoonful of lemon juice and two good-sized apples, grated. Discard the water from the hot water and strain into the mixture; stir quickly and pour into a mold. Set on ice to chill and serve.

Apple Charlotte, II.

Pare, core and slice apples; cook in butter until soft and dry; add sugar to taste. Line a plain mould with strips of bread an inch wide, dipped in melted butter; let one over-ripe apple, arrange lozenges of bread similarly in the bottom of the mould. Fill the center with the apple and cover with a layer of bread. Bake for half an hour in a hot oven. Serve with cream and sugar or a hot sauce.

Plain Apple Charlotte.

Soak one-quarter of a box of granulated gelatin in two tablespoonfuls of cold water; add to one pint of but apple sauce, flavor and pass through a sieve. As soon as the mixture begins to harden stir in one pint of whipped cream. Line a mould with lady-fingers, pour in the mixture and set away to cool.

Clarified Apples.

Make a syrup of two cups of sugar and one cup of water. Pare, core and cut into sixths six large, tart apples. Cook a few at a time in the syrup until clear, remove and drain; add the rind and juice of one-half lemon to the syrup, boil until thick, remove the lemon rind and pour over the apples.

Apple Cobbler.

Pare and quarter enough tart apples to fill a baking dish three-fourths full. Cover with a rich baking powder biscuit dough made soft enough to stick, spread it over the apples without rolling. Make several cuts in the center to allow the steam to escape. Bake for three-quarters of an hour and serve hot with sugar and rich cream.

Coddled Apples.

Take tart, ripe apples of uniform size; remove the cores. Place the fruit in the bottom of a porcelain kettle, spread thickly with sugar; cover the bottom of the kettle with water and allow the apples to simmer until tender. Pour the syrup over the apples and serve cold.

Apple Conservé.

For each pound of quartered and pared apples allow three-quarters of a pound of sugar and half a pint of water. Boil sugar and water until the syrup is formed; add the apples and simmer until clear. Take up carefully, lay on plates and dry in the sun. Roll in sugar and pack in tin boxes lined with waxed paper.

Compote of Apples.

One pound of apples, one cup of water, the juice of half a lemon, a few drops of red coloring. Put the sugar, water and lemon juice into a clean enameled saucepan and set them to boil quickly for ten minutes. Meanwhile peel the apples, cut them in quarters and remove the cores. Throw the pieces into the boiling syrup and let them cook slowly until clear and tender, but not broken. Then remove the quarters of apple carefully, reduce the syrup to a little and color it pink with the red coloring. Arrange the apples on a glass dish and pour the syrup over. A little cream or custard served with the compote is a great improvement. If the apples are small they may be cored and cooked whole.

The Daily Fashion Hint.

A girlish evening gown of pale blue taffeta combined with white lace, which forms three flounces over a silk foundation skirt.

During the winter the plants should be kept in as cool a place as possible with sufficient soil to prevent freezing. It is important not to put the soil on until it is necessary to prevent frost from there is danger of the cabbage heating. Cabbage can be successfully stored in any cool cellar if it is not very dry or very wet. In the spring the cabbages are taken out and planted where they will grow in quantity, three feet apart each way, putting all the root and stalk below ground, and leaving the head above. When sold heads are used, the stalks should be cut crosswise on the top of the head, when planting which will make it easier for the seed stalk to force its way out. Seed stalks will soon be thrown up and each plant will produce a large quantity of seed. Banking the earth against the stalks will help support them. When part of the seed pods have become brown the stalks should be cut and hung up, and threshed when dry and the seed kept dry until needed. Cauliflowers are treated much in the same way as cabbage, but are much more difficult to bring through the winter. Where the season is long, plants from early spring seedling might ripen seed the same season.

In growing onion seed the first step is to select medium sized well shaped, and well ripened bulbs, and then store them in a cool dry place. Early in the spring they should be planted out about six inches apart in rows three feet apart. If the onions have sprouted the sprout should be cut off when being planted, as they will then throw up straighter stalks. The upper side of the bulbs should be an inch or two below the surface of the ground when being planted. This will protect them from spring frosts. The ground is then kept cultivated. When the plants have grown sufficiently, they should be banked up about six inches, to help support the plants when the tops become heavy with flowers and seed. When the seed stalks show yellow near the ground, the seed balls are cut off with about two inches of the stalk attached, it being necessary to go over the plantation several times as they do not all ripen at once. They are then spread out to dry, and when dried are threshed, and the seed is cleaned, an put in a dry place until needed. It is impossible to dry the seed as rapidly as possible.

It is rather difficult to grow celery seed in this country. Where celery seed is grown in quantity, the plants are left outside and protected from frost if it should be sufficiently severe. In most places in Canada it will be necessary to store the plants under glass, they can be protected sufficiently in the rows they are growing in to keep out frost. This may be done with care, but there is danger of the plants heating in the spring unless some provision is made for ventilation. This can be effected by nailing two boards together in the shape of a trough, and then inverting this and putting over the plants after they have been well moulded up, supporting and raising it enough for air to readily pass through. When the plants are well moulded up, being injured by frost, they should be banked up well, the inverted troughs put in place and then some straw put over. As soon as severe frosts come and there is no danger of the plants heating, more soil should be put on and the plants protected sufficiently to keep out frost. To store the plants in the ground, the ends should be opened to let the air pass through. Celery may be stored for seed purposes in the cellar, but it is very difficult, unless conditions are very good, to prevent it from rotting before the plants can be set outside in the spring. When severe frosts are over in the spring the plants are cut about a foot apart, in rows, three feet apart, and the land kept cultivated. It will not be long before the seed stalks are thrown up. The stalks are then cut off, the plants are dried and cleaned, an put away until needed.

The methods which have been suggested for obtaining home grown seed, may not in all cases be such as are adopted by large commercial seed growers, the object now is rather to tell how the average householder can grow his own seed.

A FAMILY REMEDY FOR MANY YEARS

Used "Fruit-a-tives" With The Best Results,

George McKay, Esq.

Kippen, Ont., June 17th, 1913.

"I have been using 'Fruit-a-tives' as a family remedy for many years. They are the best medicine I have ever tried. 'Fruit-a-tives' do me the most good—they never gripe and their action is pleasant."

"I have used them for indigestion and Constipation with the best results, and I heartily recommend them to anyone similarly afflicted. These troubles have left me completely and I give 'Fruit-a-tives' full credit for all this. A nicer pill a man cannot take."

THE ENORMOUS DEMAND FOR "Fruit-a-tives" is steadily increasing, due to the fact that this wonderful fruit medicine gives prompt relief in all cases of Indigestion, Constipation, Sour Stomach, Rheumatism, Chronic Headaches, and Neuralgia, and all Kidney and Bladder Troubles.

50c. a box, 6 or \$2.50, trial size, 25c. Sold by all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

HOTEL ARRIVALS.

A W. Hay, Woodstock; R. C. Grant, New Glasgow; G. E. Smith