

## Another Royal Suggestion COOKIES and SMALL CAKES

From the NEW ROYAL COOK BOOK

WHEN the children romp in hungry as young bears, here are some wholesome, economical delights that will not only be received with glee, but will satisfy the most ravenous appetite in a most wholesome manner.

**Cookies**  
 1/2 cup shortening  
 1 cup sugar  
 1/2 cup milk  
 2 eggs  
 1/4 teaspoon grated nutmeg  
 1 teaspoon vanilla extract or  
 1/2 teaspoon of 1 lemon  
 4 cups flour  
 3 teaspoons Royal Baking Powder

Cream shortening and sugar together; add milk to beaten eggs and beat again; add slowly to creamed shortening and sugar; add nutmeg and flavoring; add 2 cups flour sifted with baking powder; add enough more flour to make stiff dough; roll out very thin on floured board; cut with cookie cutter, sprinkle with sugar, or put a raisin or a piece of English walnut in the center of each. Bake about 12 minutes in hot oven.

**Cocoa Drop Cakes**  
 4 tablespoons shortening  
 1 cup sugar  
 1 egg  
 1/2 cup milk  
 1 1/2 cups flour  
 3 teaspoons Royal Baking Powder  
 1/4 cup cocoa  
 1/2 teaspoon salt  
 1 teaspoon vanilla extract

Cream shortening; add sugar and well beaten egg; beat well and add milk slowly; add flour, baking powder, salt and cocoa; beat mixture; stir until smooth; add vanilla. Put one tablespoon of batter into each greased muffin tin and bake in moderate oven about 20 minutes. Cover with boiled icing.

**Orange Cakes**  
 4 tablespoons shortening  
 1 cup sugar  
 1/2 cup milk  
 1 egg  
 2 cups flour  
 3 teaspoons Royal Baking Powder  
 1/2 teaspoon salt  
 1 teaspoon orange extract  
 1/2 teaspoon of 1 orange

Cream shortening; add sugar slowly, beating well; add milk a little at a time; then add well-beaten egg, sift flour, baking powder and salt together and add to mixture; add flavoring and grated orange rind; mix well. Bake in greased shallow tin, or individual cake tins, in hot oven 15 to 20 minutes. When cool cover with orange icing.

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"Bake with Royal and be Sure"

Despatches from Ottawa state that the cost of living has taken a turn downward. Statistics are produced to prove the case. There are three grades of lies, said somebody, lies, d—lies and statistics.

Nova Scotia's coal output for the month of September totalled 51,468 tons. The steel output was 11,015 tons; coke, 8,005; pig iron 6,643. Some new development work in connection with coal collieries was undertaken during the month.

A merchant can obtain an imitation of MINARD'S LINIMENT from a Toronto house at a very low price, and have it labeled his own product.

This greasy imitation is the poorest one we have yet seen of the many that every Tom, Dick and Harry has tried to introduce.

Ask for MINARD'S LINIMENT and you will get it.

It has been proposed that the name of the Presbyterian synod of the maritime provinces be changed to a more comprehensive title in view of the fact that the bounds of the synod include Newfoundland, Labrador, Bermuda and Trinidad. Two names have been proposed, the "Atlantic Synod" and the "Maritime Synod". The question goes to a vote of the presbyteries to report before next April, that the final action may be taken at the June Assembly.

## A Series of Talks on Music

By Prof. C. C. Laugher, Mus. Bac., Sarina.

### NO. II.—THE HARP

The name "Harp" is attached to so many of its kind and all the instruments are plucked strings that it is advisable to mention some. The Irish harp is an instrument of the lyre family but having more strings and is only used to play simple melodies and to accompany another instrument. The harp-lute was an instrument of the guitar kind and an improvement was made by Edward Light, who produced this instrument with 12 gut strings, the finger-board having frets on it and a thumb key was fitted to each string, this key when depressed was to adjust the pitch similar to the modern harp and its pedals.

The harp is one of the most ancient and universal of stringed instruments, and possessed a larger number of strings than the lyre. The strings were plucked with the fingers. The triangular form of the present harp is very similar to that of the Egyptian and Assyrian harps depicted on the ancient monuments. The shape gives to us the idea of it being derived from the bow of an archer, for we find the farther back we go that these instruments are bow-like in shape.

We read that the paintings dated from the thirteenth century, B. C., have been discovered at the entrance of the tomb at Thebes, which depicts two priests one at each side of the portal, playing upon harps, these instruments are taller than the players.

We now come to the more modern times and find the harp now tuned in semitones and has a double row of strings.

The Welsh harp has three rows of strings and is sometimes called the triple harp, the gut strings numbering 98. The outer rows produced the natural tones and the centre row gave the sharps and flats.

The real modern harp has a double action invented by Sebastian Erard about 1810. The modern harp is a graceful orchestral instrument possessing a triangular outline. It has a straight slender pillar, a slanting sounding box and a carved neck connecting the two. Both pillar and sounding box rise from a circular base in which eight pedals are arranged in a semi-circle, the compass of this instrument is over six octaves. There is a limit to the technique on this instrument as the scales or passages of a chromatic order are almost impossible and even when practicable is ineffective. Simple chords and arpeggios are the most telling on this instrument. With but few exceptions, what music is suitable for the piano is suitable for the harp.

In the modern double action harp by means of the pedal the strings may be raised two semitones, affording great facility for modulations. The strings are arranged in diatonic scale and tuned in flats, the normal scale being E flat. Each lever or pedal controls two-sets of disc, from each disc project two pins, the strings pass between the pins, but in pressing the pedal half way down presses the pin against the string, thereby shortening it or making it one semitone higher, by pressing the pedal entirely down presses the second pin against the string shortening it yet another semitone. The seven pedals effect the strings but the eighth governs the damper. The voice of the harp possesses great sweetness, as the strings are not plucked sharply, but gives a sweeping motion, producing a stately effect.

### THE NOVA SCOTIA SANATORIUM CHRISTMAS TREAT

The management of the Nova Scotia Sanatorium again sends out its reminder to the good friends of this institution, everywhere, that Christmas is approaching. Now, before the rush of our personal celebration of the Season of Goodwill, do not fail to think of the brightness you can add to our institutional Christmas, which, with your help, we always make as home-like and happy as it can be made. Contributions of money or gifts may be sent to the Medical Superintendent, Nova Scotia Sanatorium, Kentville, and all will be duly and gratefully acknowledged. Those who prefer to send parcels to individual patients may procure the names on application.

We specially ask that you send general gifts for the Christmas Tree in time for us to receive them not later than December 15th, if possible, so that we may know what we have to buy, before the last-moment rush, when shops are "sold out".

**Flowering Plants for the Greenhouse**  
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