BREAKFASTS. No. 1. Finnan Haddie (Findon haddock) Boiled Eggs Tea or Coffee Oatmeal Porridge

Kippered Herring (grilled) Scrambled Eggs. Tea or Coffee. DINNERS. (Soup)

Cock-a-Leekie (Fish) of Haddock (meussell (Entree) Haggis

(Roast) Prime Beef, from the Vale of Strathmore Boiled Potatoes Green Kail (Entremets) Marmalade Pudding (Whipped egg sauce with brandy) (Cheese) Dunlop Cheese and Celery

AFTERNOON TEA. Scotch Woodcock Scones Shortbread Pound Cake Toast

Oatcakes (toasted)

Coffee.

Jam Marmalade Congou Souchong Tea SUPPER Fish Pie (hot from kitchen) Leg of Lamb Beefsteak Pie

(all cold on table) Cakes (all kinds) Bengal Chutney and Other Condiments Preserved Ginger Jams Jellies

COCK-A-LEEKIE.

Chop two pounds veal and put to boil in 11/2 gallons water, and cook until a rich liquor is obtained. this over a roasted capon, and boil 5 minutes. Add half pound blanched leeks cut into inch lengths and boil half an hour longer. Remove fowl, bone, and chop fine. Return to pan, add another half pound leeks, season and boil until leeks are done, and soup sufficient sour milk to make into is quite thick. Serve hot.

WOODCOCK.

pieces and fry until golden brown in hot.

MOTHERS' PROBLEMS

A simple diet, simple habits, simple clothes and simple amusements are best for the little folks. Careful mothers will not talk about

conceit and vanity. When the new baby comes encour-

their children within hearing of the

parents would do this there would be fewer unhappy first-borns. the soiled baby ribbons around a bottle and wash in warm white-soap suds. Use a soft nail

brush. Rinse and let dry on bottle.

They will need no pressing.

When the baby first tries to walk be sure to rub the little legs every morning and night to strengthen and

Do not give uncooked fruit to children late in the day. Stewed or baked fruits at supper time are more certain to agree with them and will insure a more restful night.

Cracked wheat steamed in a double boiler for four hours, is a nourishing, easily-digested and generally-liked children's food.

The last hour of the baby's day should be a happy one, not one filled with struggle and fret that leaves him sad and exhausted.

OBSERVATIONS OF A BACHELOR GIRL

The woman who can make furniture out of a few yards of cretonne and a drygoods box or two thinks she ought to be regarded as a modern Sheratan or Chippendale.

"Culture" means to some women the use of the lorgnette and a dainty cut glass and silver bottle of smelling

Married people are the ones who ought to have chaperons, judging from the number of divorces and the

"I'm never going to marry until find a man whose second kiss gives me know that you weep; but your tempter's as thrilly a thrill as did his first one," lying heart shall shed drop for drop!"

What's the Reason that girls always want to run their fingers through a likable man's hair?

The old, old story, told times without number, and repeated over and consecutively.

over again for the last 36 years, but Alec thrust the sword into its scabbard. it is always a welcome story to those in search of health-there is nothing in the world that cures coughs and as quickly as Chamberlain's Cough Remedy. Sold by all dealers. 5 have

Excellent Train Service to Niagara Falls, Buffalo, Philadelphia, and New York.

Via Grand Trunk Railway System. Trains leave London as follows: 12:14 a.m. daily, for Niagara Falls. Philadelphia, and New York. Through coaches and sleepers to New York. 3:43 a.m. daily, for Niagara Falls. Buffalo and New York. Through Pullman sleepers. 11:40 a.m. daily, for Niagara Falls

and Buffalo. 4:25 p.m. daily, for Niagara Falls, Buffalo, Philadelphia and New York. Pullman sleepers, Buffalo to Philadelphia and New York.

Secure tickets, berth reservations, etc., from Mr. R. E. Ruse, city passenger and ticket agent, Clock Corner, or Mr. H. M. Hayes, depot ticket agent, London, Ont. 32k 9 11 15 17

Only One "BROMO QUININE," that is axative Bromo Quinine Curesa Cold in One Day, Grip in 2 Days on every



butter. Wash and scrape some anchovies and chop fine. Beat yolks of eggs with half pint milk, put it into saucepan over slow fire, stirring all the while until it thickens, but do not allow to boil or it will curdle. Put chopped anchovy between slices of bread, arrange tastefully on dish, pour the custard over them, sprinkle with chopped parsley and serve.

HAGGIS.

This is the famous Scotch national dish which has been immortalized by

sinewy parts. Mix in half-pound, finely-shredded beef suet, a few chopped onions, salt and pepper to

half-pound butter into one pound of flour. When smooth, add two tablespoons moist sugar and one tablespoon baking powder. Stir in stiff paste. Work well, roll out on a floured table, and divide into squares. Cut slices of bread into triangular Bake on a hot gridiron and serve

CYNTHIA GREY'S CORRESPONDENTS

age the older children to feel that the newcomer is a blessing and make them feel a sense of ownership. If for 10 minutes, then remove stems. Cut one stalk celery into 1-inch pieces. Slice 6 Chinese potatoes. Put the chicken pieces into frying pan with a tablespoon butter and fry slowly until done. Add onions and cook a little, add mishrouse the first property of the cook of th til done. Add onions and cook a little, add mushrooms, half cup Chinese sauce, half cup water and cook a little. Add celery and potatoes. When ingredients are done thicken sauce with flour, making gravy. Pour over cooked man who might not discuss his own merits. The President hesitated before he answered this direct question. He Add celery and potatoes. When inrice and serve.

Dear Miss Grey: Is opossum considered a good fur. READER. season, particularly as trimming for

MRS. HARRY J.

A .- (1) Wash entire skirt in gaso-(2) Sunday. (3) Wednesday,

THE IMMORTALS

Author of "The Stowaway," "The Message," "The Wings of the Morning," Etc.

CHAPTER XIII.

Wherein a Reason is Given for Joan's Flight. A knock sounded on the door. "Their Excellencies the Prince and Princess Delgrado." announced Bosko, whose jaws nderwent strange contortions at being compelled to utter so many syllables

Alec thrust the sword into its scabbard. He did not put the weapon in its accustomed place, but hid it behind a fold of one of the heavy curtains that shrouded the windows.

"What is the trouble now, Alec," he asked, glancing quickly round the spacious, ill-lighted apartment. "Your man came to me most mysteriously. His manner suggested treasons, spoils and strategems. I met your mother on the stairs. She, too, it seems, is in demand."

Alec looked at the strange little creature whom he called father, and from the Prince's gargoyle head his gaze dwelt on his mother. She had uttered no word. Her eyes met his furtively for a second

came to me most mysteriously. His manner suggested treasons, spoils and strategems. I met your mother on the stairs. She, too, it seems, is in demand."

Alec looked at the strange little creature whom he called father, and from the Prince's gargoyle head his gaze dwelt on his mother. She had uttered no word. Her eyes met his furtively for a second and then dropped. She was disturbed, obviously alarmed, and, with a curiously-detached feeling of surprise, he guessed that she knew of Joan's departure. Well, he would bide his time until all possible conspirators were present. Then, by fair means or foul, he would wring the truth from them.

from them.

"I want to consult my mother and you specting the canal.

tea is the result of care and experience in blending-must be the combination of fine flavor, smooth strength and richness. Because all these elements are so generously included in Red Rose Tea it well merits the term 'good tea."



NEVER SOLD IN BULK Your Grocer Will Recommend It

as to a certain matter," he said, answer dish which has been immortalized by Robert Burns as the "Great Chieftain of the Pudding Race."

Prepare heart, tongue and liver of sheep. Parboil, chop fine, removing all sinewy parts. Mix in half-pound, load of the standard of the standa today.

"A quarrel with Stampoff!" exclaimed the elder Delgrado, preening his chest and sticking out his chin in the exaggerchopped onions, salt and pepper to taste, and two cups slightly-baked oatmeal. Make the whole into a paste by adding broth. Clean thoroughly the sheep's stomach, boil in salted water for a few minutes, then remove and stuff with the above mixture. Sew up securely, put into a large kettle of water and boil three hours.

SCONES.

the elder Delgrado, preening his chest and sticking out his chin in the exagger-ated manner that warned those who knew him best of the imminent expression of a weighty opinion. "That will never do. Stampoff is the backbone of your administration. Were it not for our dear Paul, nothing would have been heard of a Delgrado in Kosnovia during the last quarter of a century. My dear boy, he has kept us alive politically. On no account can you afford to quarrel with Stampoff. Michael's big head wagged wisely, for

Michael's big head wagged wisely, for champagne invariably made him talkative. Nesimir entered; with him were Count Julius and the Greek.

"Nice thing his Majesty has just told me!" cried Prince Michael, with owl-like gravity. "He says that Stampoff and he have disagreed. What has gone wrong? Have you heard of this most unfortunate estrangement, Monsieur Nesimir?"

The President, of course, assumed that some allusion had been made to the council chamber. council chamber.

"A serious position has undoubtedly arisen," he said blandly. "His Majesty lid not see his way clear to adopt certain CORRESPONDENTS

did not see his way clear to adopt certain recommendations put forward by his ministers today—by myself, I say, acting on behalf of my colleagues," and he coughed deferentially — "and General Stampoff took an active part in the debate. He set forth his views with—erwhat I considered to be—er—unnecessary vehemence. But there," and a flourish of his hand indicated the nebulous nature of the dispute, "nothing was said that cannot be mended. His Majesty himself had the tact to adjourn the discussion till temporrow and I have little season to adopt certain recommendations put forward by his ministers today—by myself, I say, acting on behalf of my colleagues," and he coughed deferentially — "and General Stampoff took an active part in the debate. He set forth his views with—erwhat I considered to be—er—unnecessary of the dispute, "nothing was said that cannot be mended. His Majesty himself had the tact to adjourn the discussion till temporrow."

his appointment to the ministry of finance was agreed to unanimously.

Beliani coughed, with the modesty of a man who wight not discuss his own cast a doubtful glance on the King, who had turned to the window again and seemed to give little heed to the conversation. But Alec wheeled round. He seemed to give little heed to the conversation. But Alec wheeled round. He A.—This fur is quite popular this in his own estimation, was already drawseason, particularly as trimming for ing conclusions that were not wholly unhad heard every word, and, oddly enough

season, particularly as trimming for suits for young women.

Dear Miss Grey: Please tell me something to relieve my eyes. They smart and burn. SUBSCRIBER.

A. Get half ounce solution argyrol and a 3-ounce bottle saturate solution boric acid. Drop 3 drops of the first in each eye upon retiring. Be careful of your linen, as this solution stains. Drop 4 drops of the other solution in each eye upon awaking and—at noon.

Dear Miss Grey: (1) What will remove fee cream stains from a grey wool skirt? (2) On what day did May 30, 1886, fall? (3) Aug. 9, 1871?

MRS HARRY I.

A min sown estimation, was already draw belonging to such we not wholly unfavorable to Prince Michael.

"I have sent for Stampoff," he said, exercising anazing self-control in concealing his fierce desire to have done with something to relieve my eyes. They smart and burn. SUBSCRIBER.

"I have sent for Stampoff," he said, exercising anazing self-control in concealing his fierce desire to have done with suffice to honor us with his presence. Meanwhile, let me rescue you, Monsieur Nesimir, from the embarrassment of exploration with persistence on exercising anazing self-control in concealing his fierce desire to have done with suffice to honor us with his presence. Meanwhile, let me rescue you, Monsieur Nesimir, from the embarrassment of exploration with persistence on exercising and at today sometime. You need not let delay bring you a day nearer to nervous collapse.

This treatment is not a stimulant to whip up tired nerves and brain. It cures in nature's way by filling the system with rich red blood. It will not cure in a day, but its benefits are natural and lasting. With persistence on every bout on your part it will week wonders.

Dr. A. W. Chase's Nerve Food, 50 dealers, or Edmanson, Bates & Co., Toronto. Portrait and signature of A. W. Chase, M.D., the famous Receipt Balkan. The obvious corrollary of that view was that Miss Joan Vernon could not be regarded as a suitable bride for the King of Kosnovia. I dealined to that view was that MISS Joan Vernon could not be regarded as a suitable bride for the King of Kosnovia. I declined to accept the recommendation put forward by Monseiur Nesimir—to whom, by the way, I attribute the utmost good faith way, I attribute the utmost good faith—and Stampoff, whose patriotic ardor halts at nothing, practically threatened me with the loss of my kingdom as the penalty of disobedience. I said that I was quite willing to leave the whole matter to the arbitrament of the people. If they decide against my choice of a wife, it follows that there will be a vacancy in the Delgrado succession."

Princess Delgrado uttered a sigh that

Princess Delgrado uttered a sigh that Princess Delgrado uttered a sigh that was almost a groan. She sank into the chair that her son had offered her when she entered the room, but rose to her feet again in manifest anxiety when her husband thrust himself in front of Alec. "Are we to credit," he broke in furiously, "that you have actually placed your marriage with this girl before every tie of family and patrimony?"

"That is hardly a fair statement of the facts," said Alec, coldly, though it cost him a violent effort to sustain this unnatural calm when he was aflame with him a violent effort to sustain this unnatural calm when he was aflame with desire to ascertain Joan's motive: "but it will serve. At any rate, we can defer discussion of that point for the present. We are gathered here to deal with quite another phase of the dispute, and, with your permission, I shall leave any further explanation until General Stampoff has arrived."

arrived.' Although this utterance was measured Although this utterance was measured and seemingly devoid of any excess of feeling, three, at least, of those in the room were not deceived by his attitude. Princess Delgrado seemed to be profoundthe windows.

"On the arrival of the others whom I have summoned you can usher them in without warning," he said to Bosko.

"As soon as General Stampoff comes let no other person enter, and remain near the door until I call you."

"Oui, monsieur," said Bosko. King or "Oui, monsieur," said Bosko. King or "A carriage drove into the courtyard, and, though its occupant was invisible.

to the window and looked out.

"Oui, monsieur," said Bosko. King or no King, he was faithful to his scanty stock of French.

Prince Michael had dined well, having induced his host to depart from the King's injunctions as to the wine supplied at meals. His puffed face shone redly. It looked so gross and fat, perched on such a slender frame, that he resembled one of those diminutive yet monstrous caricatures of humanity seen on the pantomime stage.

"What is the trouble now, Alec," he asked, glancing quickly round the spacious, ill-lighted apartment. "Your man" to the window and looked out.

A carriage drove into the courtyard, and, though its occupant was invisible, failed him. Some low conversation went on behind his back, and, although he was now marshalling his forces for the impendaceount of the afternoon's proceedings. But he listened only for the opening of the door. From that instant war should be declared, ruthless war on each and of his promised bride.

Stampoff entered. His keen old eyes into the courtyard, and, though its occupant was invisible, failed him. Some low conversation went on behind his back, and, although he was now marshalling his forces for the impendaceount of the afternoon's proceedings. But he listened only for the opening of the door. From that instant war should be declared, ruthless war on each and of his promised bride.

meant to make some private communi-cation to the newcomer before beginning a debate in which all might share. But he walked past Stampoff, locked the door and put the key in his pocket.

[To Be Continued.]

President Taft is at Panama in-

STABBED A GIRL

Unknown Man Under Arrest in Connection with Assault.

[Associated Press.]
Asbury Park, N. J., Nov. 14.—This city and neighborhood were in a ferment of excitement today over the unearthing of one of the bost brutal crimes in the history of the Jersey coast—revealed when the mutilated body of nine-year-old Marie Smith, who had been missing from home since Wednesday was discovered in the woods near her home.

Resentment against the one prisoner taken in connection with the case— Thomas Williams, a negro—is very strong, but there has been no oper threat of a lynching. Williams was not directly charged with the crime but was held on suspicion, arcused by his disappearance, simultaneous with that of the child.

The outcome of the inquest today was awaited to develop the official view of the crime, and fix a formal charge. The Victim.

Marie Smith was a pupil at the Bradley school, which she left for her home in mid-forenoon on Wednesday ast. She was not again seen alive. Searching parties hunted vainly for cays. Yesterday someone stumbled over the body of the child, half-hid den by drifting autumn leaves, not far from her home. Evidences of a strugde were all around. There was a deep gash in the little girl's head, which had evidently been inflicted by an axe or similar heavy instrument. Her body was otherwise disfigured, and it was evident that she had been mistreated. The girl's mother collapsed when she saw the body, and is in a critical condition.

The police were told that Williams had been chopping wood in the vicinity that morning. When they went to question him he had disappeared. Last light, however, he was located, and arrested in his former home in the negro quarter of Asbury Park, and

A bloody towel found on the premises was seized for evidence, as was

This Your Boy

WHO AT TENDER AGE MUST FACE THE HARD, COLD WORLD WITH-OUT PREPARATION OR PROTEC.

No. You could not think of such a thing. And yet, would you neglect your health as you do if you waited to think of your family and how they would get along without you. You have not the old-time vigor and energy. You go home tired and worn out, feel, cross and irritable, lack the

brought sunshine into your home at your arrival. You don't sleep well, the brain is not so clear and active, little things annoy and worry you. In short, the nervous system is exhausted. know this, but do not want to consult a doctor, and scarcely know what to

old-time smile and good cheer which

Use Dr. Chase's Nerve Food. It cannot fail to do you good, for it is made up of the elements of which your rundown system is most in need. Through the medium of the blood it sends new energy and vigor to every organ of the human body.

You can feel yourself getting stronger every day. You can it by noting your increase in weight. You will sleep better, appetite and digestion will improve, and you will

process today by beginning this treatment. You need not let delay bring on your part it will work wonders.
Dr. A. W. Chase's Nerve Food, 50 an axe Williams had

STOVE POLISH

is not a little, messy box of powder that has to be mixed with water, nor a hard cake that has to be scraped. It is a generous can of paste, easily applied and magical in its results. For stoves, pipes, grates and ironwork.

If your dealer does not carry "Black Knight" Stove Polish in stock, send us his name and roc. and we will send a full size tin by return mail.

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You are just about to commence the season's programme of evening parties, social events, etc. Why not look your best? Why let your complexion suffer by contrast with other ladies'? Why not ensure a good complexion? You can do this on sound natural lines by using Zam-Buk, nature's herbal balm.

Zam-Buk is a skin food; and complexion That yellow tinge gives place to the pink of health, and the white velvety "look" and Buk smeared lightly over the face, each

"feel" which healthy skin should have. Isn't this wiser than relying upon talcum night, acts as a skin tonic. It stimulates powder and cosmetics? These only put on the cells beneath the cuticle to healthy a "complexion" from the outside. It doesn't action, makes the capillaries and blood last. Zam-Buk helps nature to build up a complexion from blood and tissue. It lasts! vessels work, and the vigorous circulation. thus started, carries away secreted impurities. It won't rub off!

Waxy, sallow deposits are thus removed. Hard Be wise as well as womanly! Let Zam-Buk help you to look your real best!

pimply growths are softened and disappear. Zam-Buk cures skin diseases, pimples, ulcers, abscesses, binod-poison, eruptions, cuts, burns, scalds, chapped places, scalp sores, piles, etc. 500 box, all druggists and stores, or Zam-Buk Co.,

Menu

OYSTER COCKTAIL

CREAMED CHICKEN

ROAST TURKEY

RANBERRY SAUCE

(WINE JELLY)

FRUIT ICE CREAM

SWEET POTATOES

GRAPE SHERBET)

ASSORTED CAKES

Knox Pure, Plain Gelatine

CELERY

FRUIT SALAD

CHEESE

CRANBERRY PIE

MOCK TURTLE SOUP

Knox Gelatine is granulated: it dissolves quickly.

Eachpackage contains two envelopes, enough gelatine to jell onehalf gallon of liquid. (Each envelope makes one quart.)

Knox Gelatine is uncolored, unsweetened. It garnishes the meats. gives body to the jells, stiffens the sauce and gravies, thickens the soup, gives consistency to the ices and ice cream and is the basis for

Delicious Desserts

1/2 box Knox Sparkling Gelatine. Soak the gelatine in the cold water five tender; remove the stones and pass the pulp through a sieve; add the kernels from the stones, a cup of sugar and the softened gelatine; riir over the fire until the 16 cup cold water. Recipe I pound prunes. Pain de sugar and gentine are distributed, then add enough orange juice to make one quart in all. Three-fourths Prunes Juice of one lemon.

Orange juice. of a pound of prunes gives a more delicate confection. "Dainty Desserts for Dainty People."

Recipe Book and Pint Semple FREE illustrated book, and a pint sample, will be sent for your grocer's name. Address Charles B. Knox Co., 500 Knox Avc., Johnstown, N. Y., U. S. A Branch Factory: Montreal, Canada

nox SPARKLING DELATING College on Mosto 219 CHARLES B. KNOX CO. THE PROPERTY OF THE PROPERTY O

wood-chopping.

Williams denied any knowledge the crime, and gave a detailed account W. Chase, M.D., the famous Receipt of his movements on the day of its occurrence, which the police are in-

OF MSERY

Cured by Lydia E. Pinkham's Vegetable Compound Baltimore, Md. - "For four years



my life was a misery to me. I suffered from irregularities, terrible dragging sensations, extreme nervousness, and that all gone feeling in my stomach. I had given up hope of ver being well when I began to take Lydia E. Pinkham's Vegetable Compound. Then I felt as though new life had been

given me, and I am recommending it o all my friends."-Mrs. W. S. FORD. 1938 Lansdowne St., Baltimore, Md. The most successful remediin this country for the cure of all forms of female complaints is Lydia E. Pinkham's Vegetable Compound. It has stood the test of years and to-day is more widely and successfully used than any other female remedy. It has cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, and nervous prostration, after all other means had failed.

If you are suffering from any of these ailments, don't give up hope until you have given Lydia E. Pinkham's Vegetable Compound a trial. If you would like special advice write to Mrs. Pinkham, Lynn, Mass., for it. She has guided thousands to health, free of

FLOUR Buy it once will choose every time More bread Better bread

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John Howell, a Canadian, and one t the best-known mining experts in America, is dead in Denver, The Continental Savings Bank at

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Mrs. Winslow's Soothirg Syrup has been used for over THIRTY YEARS by MILLIONS OF MOTHERS for their CHILDREN WHILE TEETHING, with PERFECT SUCCESS. IT SOOTHES THE CHILD, SOFTENS THE GUMS, ALLAYS ALL PAIN, CURES WIND COLIC and is the best remedy for diarrhoea. Sold all over the world.

