CAROLINA GRITS BREAD.

Beat one egg with a large coffee-cup of cold hominy. Stir one tablespoonful of butter into this and a little salt, then add one pint of fine, washed, raw grits, from which the water has been thoroughly drained, and one and one-half cups of water. Mix well and bake in a greased pan for half an hour.

#### OATMEAL ROCKS

One cupful of sugar, one-half cupful of butter, one-half cupful of lard, two eggs, two cupfuls of oatmeal, two cupfuls of two cupfuls of oatmeal, two cupfuls or flour, one-half teaspoonful of cinnamon, no level teaspoonful of baking powder one level teaspoonful of soda, one-half cupful of milk—either sweet or sour-one cupful of chopped seedless raisins. Put baking powder in the flour and sift twice. Dissolve the soda in a tablespoonful of warm water and stir in the milk. warm water and stir in the milk. When the ingredients are well mixed, the consistency is about as stiff as can be well stirred. Bake in a large dripof the mixture for each cake; drop quite a way of granulated augar; put in a ceak standing in a cool place, and bottle in four months.

#### DROP CHEESE BISCUIT.

Make a baking powder dough thin enough to drop into tiny cake tins, and sprinkle with grated cheese before bak-

#### PANNED FISH.

Clean well and season with pepper and salt one small fish and roll in fine breadcrumbs. Have a frying pan smoking hot, with just enough grease in it to keep the fish from sticking; lay in the fish and brown quickly on both sides. Then cover close and set back to cook more slowly from ten to twenty min-

#### COLLSEN'S CREAM.

Cut half a pound of marsh mallows into small pieces and soften in a double boiler. Whip one and one-half cups cream and one-half cup powdered sugar, one cup blanched almonds minced, a dash of salt, the softened marshmallows and two tablespoonfuls of rich pineapple juice; now put in a jar on ice till ready tiny angelica shamrock leaves and bits of green candy mints.

#### MASHED CARROTS.

Scrape and cut carrots into bits and run through a colander and mash fine. Ad a tablespoon of butter melted, beat very light, season with salt and pepper and serve very hot.

#### VEAL TONGUE.

Scald and peel a veal tongue, make several slits and insert strips of ham. Fry on both sides in hot lard and add sticed carrots and onions, a spoonful of flour, a hash of parsley and salt and pepper Put in enough water to cover the whole and boil slowly for thre hours,

#### PECANS IN JELLY.

One-quarter box of granulated gelatin, ene-half cupful of cold water, one-half cupful of boiling water, one-quarter cupful of orange juice, one-quarter cupful of lemon juice, one-quarter cupful of sherry (or grape juice may be used.) Soak the gelatin in the cold water five minutes: dissolve in the boiling water add orange and lemon juice and.
Pour one half the mixture into an enameled pan, and when beginning to set arrange pecan meats on it about one inch apart. When firm add the remaining jelly. Chill. When ready to serve cut in cubes and decorate with Miss M. Lukey, of Zena avenue Day. whipped cream (may be omitted).

#### BRANDADE OF CODFISH,

Freshen a piece of salt codfish then boil it, drain the fish, pound it and add peper and salt and hashed garlic; me good olive oil, which should be put in drop by drop. Put in a pot over a very gentle fire (this is essential.) Continue to add oil, always drop by drop, using about half a pound of oil for a large piece of codfish. Add a half cream while stirring. Serve im mediately.

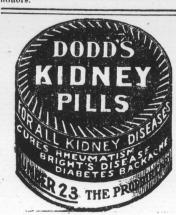
Minard's Liniment for sale every-

CONSOLATIONS OF THE POOR "We must always look on the bright side," said Mayor Grice, of Fort Wayne. discussing a party setback with the Indianapolis Star. "We must all take a lesson from Hiram Husk.
"Hi Husk, you know, visited Long Island, and had his pocket picked at a side show.
"I should think,' his wife sneered, on his return home "that you'd here.

his return home, 'that you'd have a pur-ty poor opinion of Coney arter bein' your purse like that!' "'Yes, that's right,' said Husk, 'but I

come out better'n some folks did. Why, Maria, the old banker's ward in the piece, beautiful Thais, had all her jools and then the banker's wife vitrol in his face durin' the same act I had my wallet stolen."

It isn't always the fellows with the broadest shoulders who carry off the



#### NAMING THE FLOWERS. s of New Blosso

of Old Fashion Popular Names. What a pity it is that new varieties

of flowers cannot be named in the pretty homely way of their far off ancestors instead of by the overpowering syllables that are generally bestowed on them. It has been said that, "roughly speaking, all new flowers since the sixteenth cenall new flowers since the sixteenin con-tury are the blossoming advertisements of Swedish botanists, German professors, American millionaires, and Scottish gar-deners." They always Labinize the American millionaires, and Scottish gardeners." They always Latinize the names, too, and Latin flower names are so hard and unsympathetic, a great contrast to the Greek, which are always beautiful. It is a delight merely to say such words as crocus, anemone, narcissus, hygginth it is denline assledd. hyacinth, iris, daphne, aspho

Thomas a Becket. In the old names the flowers have a personality of their own, they are diving and beloved. Mignonette means little darling, meadow-sweet is like a caress, traveller's joy and speedwell are kindly greetings to the warfarer. You know that flowers must have been an inanimate part of daily life when they were named for the things in daily use—gloves or slippers, mirrors or girdles. What a charming name is foxglove, and the French popular name is equally delightful; the blossoms are "les doigtiers de Notre Dame." are "les doigtiers de Notre Dame."

Some of the old world flowers were directly personified as in "ragged Robin" or "sweet William" or "sweet Nancy," thers were fragrant with thoughts of acred things, as "star of Bethlehem" or "Marygold," while others again whisper of travel, when travelling was a rarity. "Blackamoor's beauty" is said to date from the Crusades, and "southernwood" carries with it suggestions of all the aromatic spices of the South. to-day in spite of the tendency to give ugly names to exquisite blossoms we netimes find a touch of pretty sentinent in the naming of flowers. At flower show in Normandy last summer I saw some lovely new varieties of the iris, and I thought that the spirit of the entente cordiale must have been present at their christening. "King of the Blue," "Smiller More". "Similer More" "Similer More". at their christening. "King of the Blue,"
"Smiling Mary," "Village Maid," "British Queen" were some of the names, in
English of course, and the most surprising of them all, "Gold Cup of Thunder-bolt," was doubtless full of kind inten-tions. Nor was the great republic of the west forgotten, for "Longfellow" and "Beauty of America" were blooming side by side with "Mrs. Gladstone" and "Gen eral Gordon."- New Orleans Times

#### Minard's Liniment Cures Burns, Etc. CHOOSING A KITTEN.

They said, "Now choose which you want

to keep;"
And they meant to drown the rest, know.

know.

wish the mother would go to sleep,
And not six there and stare at me so—
She heard, and she understands, I know I suppose they think that it takes too much milk, much milk,
And meat, and things to feed all four,
The darlings! They're just as soft as silk.
Now the folks might fuss if there had

been more, But it's such a few kittens, only four! Shall I keep the one who is saying Or that funny one, who is just half black?

black? ne one with the stockings up to his knees? I patches all the way down his back, I his little ears, finished off with

And his little ears, finished off with black?
Or the dear little white one, over there Who does not seem to suspect at all?
At least, if she does, she does not care,
For she's actually playing with a ball!
I cannot choose—I must keep them all!

#### HOW DAYTON LADIES CURE

on, Ohio, writes: "Before using Put-nm's Painless Corn Extractor" I was quite laid up with corns, and could not even stand the pressure of a loosely but-tened shoe. I applied Putnam's "Ex-tractor," and in a very few hours obtaind relief. In a miraculously short time was completely cured. I take pleasure recommending your Putnam's to my friends," All druggists sell Putnam's Corn Extractor in 25c bottles.

#### STRAIGHT ADVICE.

A correspondent who had just been much entertained by the stories lawvers have told us in this incident from his own experience:

A farmer friend of mine went to an attorney at the country seat, put before him the cause of his dispute, and asked him if he would handle

the case.
"I should be glad to," replied the lawyer. We are sure to win it

'So you really think I have a

good case!"

"Why, it's a cinch. Its dead open and shut. I can guarantee that I'll get a verdict in your favor."

"Justly or by trickery?"

"Justly and equitably, sir. You can't lose."

can't lose."
"Thank you for your advice. I ain't goin' to law this time. I've just given you the other side of the case, an' since you're so sure it'll win I'd better drop it. Thanks jest the same. morning!"-Cleveland

#### AN IDEAL ARTESIAN BASIN.

This term is applied by C. E. Siebenthal, in Paper No. 240 of the Hydrographic Department of the United States Geological Survey, to the San Luis Valley in Southern California. Its length, north and south, is about 150 miles, and its greatest width about 50 miles. Although the streams that flow down into it from the bordering mountains disappear as soon as they reach the alluvial slope, there is an abundance of water underground contained in beds of fine sand varying from one foot to 20 feet in thickness, and separated by beds of blue clay from one foot to several hundred feet thick. No less than 3.234 wells already exist expelle of trigating 25 000 acres ist capable of irrigating 25,000 acres.

## **DREAMS CURED**

ripeg Man Tells of a Simu Remedy That Gured. ESCAPE FROM INDIGESTION

"Though I am an active hard working man, somehow I fell into a condition of poor digestion and disordered stomach," writes Mr. Eb. P. Whinney. "In the morning I had a very unpleasant ach," writes Mr. Eb. P. Whinney. "In the morning I had a very unpleasant taste in the mouth. My tongue was whitish and nothing tasted good. An hour or so after eating I experienced pain in my right side, gas formed in the stomach and caused great distress. Even in warm weather my hands felt clammy, and still worse my system was seldom regular. Brooding and despondency would now and then get hold of me and completely unman me. When unfit 2or work I tried Dr. Hamilton's Pills. In my case their wonderful curra-But the best names of all are those popular names that were given to common flowers not only in old England, but throughout Europe, such homely things as are still allowed to bloom in an ancient garden at Tarring, which is said to have been originally planted by Thomas a Becket. In the old names the flowers have a personality of their own, they are diving and beloved. Mignonette means little darling, meadow, sweet is like a careas, traveller's joy and speedwell are kindly greetings to the speedwell as any man could be. orous and well as any man could be.

Dr. Hamilton's Pills did it all."

Beware of the dealer that may try to sell you an inferior nill to De.

sell you an inferior pill to Dr. Hamilton's, which are sure to help and cure. Sold in yellow boxes, 25c box. All dealers or The Catarrhozone Co., King-

THE TALE OF THE SARDINE The sardine has been honored with a istory, the writer being no less a per-

sonage than a member of the Societe Academique, of Nantes, The sardine in the early days was rought in in small boats. Then came a police ordinance in 1738 in the interest of the poorer classes against the monopolist. Owing to the police ordinance the sardine was a source of livelihood to the Bretons, Joseph Cilin, whose name is still revered in Nantes, first prepared the fish with oil. His venture was a great

success, and he had many imitators.
In 1835 there was something like a crisis in the sardine industry. Millet, who was the chief curer, had his factory indicted as a nuisance, but the difficulty was overcome by removing it from the centre of the town to the shore. though the fame of the sardine was firmly established, it was only in 1855 that it received its apotheosis. The was shown in the Paris Exhibition.

#### DIPLOMATIC HUSBAND.

Mrs. Max-Can't afford to let me go to the seashore. Why not? My board there wouldn't cost much more than it does here.

Mr. Max-I admit that, my love: but think of all the money I'd have to spend entertaining myself in your absence.-Boston Transcript.

St. Joseph, Levis, July 14, 1903. Minard's Liniment Co., Limited.

Gentlemen.-I was badly kicked by my horse last May and after using several preparations on my leg nothing would do. My leg was black as jet. I was laid up in bed for a fortnight and could not walk. After using three bottles of your MINARD'S LINIMENT I was perfectly cured, so that I coulstart on the road.

JOS. DUBES. Commercial Traveller.

#### A WASTED DISCOURSE.

(Canadian Courier.) The visit of Dr. Orr to Toronto, and

The visit of Dr. Off to Toronto, and his highly instructive address on Biblical literature, have been regarded with some caution, both by the higher critics and their friends. The reverend visitor and their friends of the Parelliait's learning to the state of the s has been implored to be "explicit," lest the wayfaring man, to say nothing of the newspaper reporter, should misre-present his views on the early chapters nothing of of Genesis. This desire for a decisive attitude re

the consternation experienced by worthy Hamilton pastor, years ago. He had been preaching at Grimsby Park with the laudable desire to show that the latest discoveries in science were quite in harmony with the salient points of Biblical history. He admitted, how-ever, that the "day" of Creation did not nean what we moderns understand by the monosyllable. As he was leaving the auditorium, he was accosted by a dear old lady who exclaimed tearfully

"Oh, Dr. B-, I am so thankful that am not like you-I believe in the What the well-known D. D. said is

Wigg-Hello! old man. I never saw you looking better. Wagg-Well, 1 do feel in prety good shape. You see, 1've been too busy this summer to go away

## Well, Well! THIS is a HOME DYE that ANYONE



ONE DYEFORALL KINDS OF GOO OLEAN and SIMPLE to Use

## LEFT HAND MUSIC

on for the Composition of of that Nature

Piano music written for one hand may trike the uninitiated as freakish, but strike the uninitiated as freakish, but there is enough of it to demand some explanation. These compositions are al-most for the left hand, the reason given by a writer in the Etude being that the right hand gets plenty to do in the average piano piece, but that the left hand is often comparatively idle. Players sometimes disable the right hand and wrist with injudicious and ex-cessive practice. It is then that the

neard and wrist, with injudence accessive practice. It is then that the left hand piece comes in for its share of attention. If one cannot present of attenta one's self to the exacting teacher owi

the lesson on that account; hence the necessity of the left-hand piece.

The question may be asked, is the left hand piece needed as a technical sett hand piece needed as a technical study? The answer given by the writer is that it is not needed if correct and adequate technical training is being pur-sued. By adequate is meant the equal training of hands, wrists and arms in the same exercises, the left hand doing exactly the same things as the right. Both hands should be able to play trills, cales, chords and octaves with equa

scales, chords and octaves with equal facility and power.

If the player has had no such founda-tional training there may be a wide dif-ference between the facility of the two hands. He may have played much salon music, which usually requires far less activity in the left hand than in the right hand. In this event the master of a few left-hand pieces will be of real enefit. There is quite a list of comositions of this character.

Dr Morse's Indian Root Pills positively Constipation and all Kindred & resulting troubles.

RELIGION AND SHORT RATIONS. "I suppose," said Collector Loeb, "that in the past a good many people looked on a strict observance of the customs laws from a selfish and worldly point of view. They are like Aunt Mary Persim-

"Aunt Mary called one day on the vil-

lage lawyer.
"'Well, old lady,' he said, 'what can I do for you?" "'Ah wants to divorce mah hus-

band,' said Aunt Mary.
"'Divorce old Uncle Bill,' cried the lawyer. 'Good gracious! Why?'
"'Because he's done got religion, dat's why,' said Aunt Mary, 'an' we ain't had a chicken on de table fo' six weeks.'"

#### WHAT MAN IS MADE OF

We all remember, probably, "what little boys are made of, made of," but it has taken a European scientist quite a while to figure up what the average This averame man in mercial terms. health, he finds, has the material tor 13 pounds of tallow candles, one pound of nails, earbon sufficient for 800 pencils, skin to make bindings for 16 octavo books, bone for 500 knife handles, 29 violin strings, 20 teasponfuls of salt and one pound of sugar.

In the market the average man would fetch about \$4.50, as raw material, or about three cents a pound live weight. He is, therefore, says the Pathfinder, not worth half as much as the same weight of pork.

#### BETTER THAN SPANKING

Spanking does not cure children of bedwetting. There is a constitutional cause for this trouble. Mrs. W. Summers, Box W. S. Windsor, Ont., will send free to any mother her successful home treat-ment, with full instructions. Send no money, but write her to-day if your 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 difficuties by day or night.

#### THE POPE AND THE PIGEON.

The illness of the Pope recalls to the London Globe a story which went the rounds at the time of the illness of Leo XIII. Every day at a certain hour a pigeon, after the manner of Noah's dove, used to come to the study of the pontiff. who, no matter what the business in hand was, would go to the bird and feed it. On the day that the Pope was seized with his fatal illness the pigeon came as usual, but found the window closed. The bird flapped its wing against the pane and then struck the beak. The Pope heard it and ordered the window to be opened and his came-rier to feed it. The bird would not eat, but perched itself on the dying pontiff's couch, and theer demonstrated its de-light at seeing its old friend and protector .- New York Tribune.

#### REFLECTIONS OF A BACHELOR

(New York Press.)

It's a short sermon that makes n

moczing.

A man gets-back from a family picnic with more horrors to tell than if he were home from the wars.

Maybe the reason a woman spends all her pocket money the minute she gets it is she hasn't any pockets.

The way to win a woman's undying affection is to remark to her upon her new gown when it is made over.

Just what you really think of a man who imagines you admire him wouldn't surprise him any more than what he really thinks of you would surprise you.

# NA-DRU-CO

ing the rest of the system, and are therefore mother, as they do not affect the child. winded: like all NA-DRU-CO preparations, by expert charge we'll gladly return your money.

25c. a box. If your druggist has not yet stocked the

ional Drug and Chemical Company of Canada, Lie

### **EDDY'S KITCHEN-WARE**

ideal in Every Way For the Various Needs of the Busy Housewives

These utensils are light and durable, have ne hoops to fall off or rust, will not taint water, milk or other liquids and are impervious to the same. They will stand any climate and any fair usage. Made in Pails, Tubs, Keelers, Milk Pans, Wash Basins, Etc.

"Try Them. They'll Please You."



The E. B. EDDY Co., Hull, Canada

LATE INVENTIONS

An electric meter has been invented for measuring the flow of steam in

wood for matches made from straw, has been invented by a

To a Massachusetts man has granted a patent for a nelectric lamp and reflector for inspecting the inside of

In France there has been invented a flourless bread-making machine that transforms the while wheat into dough. A swiveled clamp by which a funnel may be fastened ot a bottle to leave one hand free when liquids are poured is a Californian's invention.

can be adjusted to any size desired in a baking pan invented by a Pennsylvan A barrel-shaped packing case that has been patented by an Illinois man can be folded for transportation when empty

The bottom and sides separate and

and used many times.

A Pennsylvanian has equipped the head of a piano tuning hammer with a ratchet so that it will not have to be lifted from a peg every time it is

A California inventor's wave power motor consists of a small truck with a broad tail. A wave, striking the tail, pushes the affair up a trake and a pis-ton in the head of the truck compresses air in a cylinder.

Minard's Liniment Cures Dandruff.



Sufficient Reason The Judge-Madam, why do

object to telling your age to Antique Witness-I am afraid the truant officer might overhear it and make me go to school.

## A TERRIBLE DREAM

Her face is drawn, her eyes are hag ard and sunken, and her expression is that of a woman on the verge of ner-

ous prostration.
"What in the world is wrong?" asks the astonished friend. "I never saw any ne look so terribly."
"It is all because of a terrible night-

mare I had last night," explains the "It simply shattered my nerves, ferer. and although I know it was merely dream, still I cannot rid myself of its effects. I dreamed I was called upon un expectedly to plan a dinner for Dr. Wi-ley, Dr. Woods Hutchison and Upton Sinclair."-Life.

nI Belgrade, Servia, a grou of women has petitioned the authorities to pro-hibit gambling under severe penalty than those now in force. As a scoff to this a number of men are now petition-ing for the compulsory closing of all ing for the compulsory closing of milliners shops, adducing that they a greater source of domestic discord and penury.

#### ISSUE NO. 38, 1911

AGENTS WANTED.

LINE FOR EVERY HOME—
Write us for our choice list of agents' supplies. We have the greatest agency proposition in Canada to-day. No outlay necessary. Apply B. C. I. Co., 225 Albert street, Ottawa.

WANTED, REPRESENTATIVES OF either sex, locally, on big Holiday Inducements; sell at sight; \$2 per day and commission; experience unnecessary. J. L. Nichols Co., Limited, Toronto,





CARE OF GOLD FISH.

Editor,—Will you please tell me how I can keep my gold fish alive? I have had two lots and all have died, in spite of good care. MRS. L. W. A.

MRS. L. W. A.

Have pure water, well water if you can get it, and change the water in the globe once a week. Always keep a bunch of moss in your globe, as the fish like to nibble it, and it keeps the water sweet. Give the fish a sait bath once a week, which keeps them in good health. Use one teacheonful of salt to one quart of water and keep the fish in it 15 minutes. Once a day feed them with prepared fish food. If you follow these rules you will have no trouble. Many gold fish are killed by too much attention.

#### SEPTEMBER

Welcome!

Good for you! How did you shake J. P.? You do look mighty good to us. We had almost forgotten how sun-

Do be bountiful with Nature's gifts. Let us have good measure "pressed And by so doing you may reduce the

And by so doing you may reduce the cost of living.

It may be you "have come into the kingdom" for this very purpose.

There's one blot on your 'scutcheon, though—hunters use you as an excuse for shooting our feathered friends.

Minard's Liniment Relieves Neuralgia

## RECORD FOR SIZE

Senator La Follette, himself one of the directest of speakers, has a natural horror of speeches of the rambling, bor-ing kind.

In a recent session a certain Senator, after elaborating in a speech of two hours a statement that would have been better made in a speech of two minutes concluded:

'And that's the situation, gentlemen, "Gracious," said Senator La Follette, sotto voice, "what a nut!"

ACCENT ON THE BOX.

Wife-John, wasn't that a good box of cigars I gave you on Christmas?" Husband--I never saw a better box, mv dear.-Judge

## SAVES YOU MONEY

To buy the Sugar that saves you money means a great deal te every home, as so much is used by every person, every day.

BECAUSE less of this Sugar is required for sweetening than other Sugars, and as it has the greatest amount of sweetening to the pound, the



You also get full measure, and all packages contain absolutely correct weight, and, when bought this way, substitution is impossible. Try St. Lawrence Sugar to-day-and SAVE MONEY.

THE ST. LAWRENCE SUGAR REFINING CO., LIMITED, MONTREAL