

The Household

SELECTED RECIPES.

Salt Mackerel.—To prepare this fish, place a mackerel in a good sized pan, with just enough cold milk to cover it. Let it remain all night. In the morning parboil the fish for about fifteen minutes in water; then drain it, and cook it for another five minutes in the milk in which it has soaked, at the end of which time it will be ready to be served, after a due amount of seasoning, with melted butter, paprika and lemon juice.

Grated Apple Pudding.—To make it, grate seven large, tart apples very fine. Beat the yolks of eight eggs, and mix them with two cupfuls of pulverized sugar, or enough sugar to make the mixture of the consistency of a batter. And, then, the grated apples, one dozen well dried lady fingers that have already been grated, the grated peel of one lemon, and, at the last moment, when all these ingredients have been mixed well together, the whites of the eight eggs beaten to a stiff froth. Turn the mixture into a well greased spring mould, strew blanched almonds over the top, and bake in a rather quick oven. This is sufficient to make two puddings, which are served cold, glazed with whipped cream.

Maple Apples.—Take eight apples. These you cut in halves, removing the cores. Put them in a saucepan with one cup of maple syrup, two table spoons of butter, one and a half cups of water. Bake until the syrup is thick. Serve cold with cream.

Marmalade Apples.—Peel apples and core them; fill the spaces in the centre with orange marmalade; cover the apples with sugar and plenty of lemon juice, and then bake them until thoroughly cooked. Serve with whipped cream, or without it, according to taste.

Yorkshire Tea Cakes.—When you have completed the making of the dough for your bread, take as much of it as would fill a pint bowl, and work into it a piece of lard about the size of an egg. Roll the dough out very thin, place it in a shallow pan and put it aside to raise for an hour, when it is ready to be baked for about twenty minutes. When these cakes have again become cold, they are split through the centre, toasted thoroughly, and are then served spread with butter.

Bath Buns.—Take a pound of flour, a tablespoonful of yeast, and a cupful of milk. Mix them well together, and let the mixture rise for several hours near the fire, after which add about six ounces of melted butter, and knead all the ingredients well, and when the dough has risen for fully another hour mould it into balls the size of duck's eggs. In the top of each bun place some selected currents, and one or two small pieces of candied peel, sprinkle them lightly with sugar, and after they have risen for a few moments longer bake them in a moderate quick oven.

TO MAKE WORK EASY.

How fond we are of wishing we might be free to work just when we are in "working mood," and only then wish Angela Morgan, in the Chicago Journal. How we do dislike to force ourselves; how we hate struggling to extract the gold from an unilluminated day.

It is the natural protest of the human against circumstances that compel the exercise of the faculties whether or no the individual is so inclined. It is the protest only too often, of a sluggish will.

We hear this protest voiced on all sides of us during the working day.

CURED HIS WIFE of LA GRIPPE

Quebec Man tells how the Great Consumptive Preventative was an all-round Benefit

"My wife took La Grippe when she was in Ottawa," says R. N. Dufresne of Northfield Farm, Que. in an interview. "She got a bottle of Psychine and after using it for a few days she was quite well. I took a cold and am using it, and am getting all right. I think Psychine is one of the best tonics on the market to-day."

There you have the whole matter in a nutshell. La Grippe and colds are among the foremost causes of consumption. This man had one, his wife had the other. Psychine not only cured both but it built them up so that their bodies are strong enough to resist disease. All seeds of consumption are killed by

PSYCHINE

(Pronounced Sikeen) 50c. Per Bottle Larger sizes 91 and 92—all druggists. DR. T. A. SLOCUM, Limited, Toronto.



Royal Household Flour

in preference to inferior flour, buy health. Nothing contributes so much to the food you eat as flour, and therefore nothing should be more carefully bought. Ogilvie's Royal Household Flour is the whitest, cleanest and most nutritious flour that's milled. It is the only flour that is absolutely pure. Ask your grocer.



Ogilvie Flour Mills Co., Ltd. Montreal. "Ogilvie's Book for a Cook" contains 130 pages of excellent recipes some never published before. Your grocer can tell you how to get it FREE.

HONEY AS A FOOD.

It is Nourishing and Saves Work For the Digestive Organs.

Honey, which is described as "one of nature's best foods," is the subject of a report by the Ontario department of agriculture. In this it is pointed out that it is only within the past few centuries that sugar has become known and only within the last generation that refined sugars have become so low in price that they may be commonly used in the poorest families. Formerly honey was the principal sweet, and it was highly valued 3000 years before the first sugar refinery was built. "It would add greatly to the health of the present generation," it is declared, "if honey could be at least partially restored to its former place as a common article of diet."

Excessive use of sugar brings in its train a long list of ills. When sugar is taken into the stomach it cannot be assimilated until first changed by digestion into grape sugar. Only too often the overtaxed stomach fails properly to perform this digestion, and then comes sour stomach and various phases of indigestion and dyspepsia. In the laboratory of the live the honey has been found to be the best for prompt assimilation without taxing either the stomach or the kidneys, so that in eating honey the digestive machinery is saved work and health is maintained.

Moreover, the same report says that "in many cases it will be a real economy to perform this digestion, and then honey in part take its place. One pound of honey will go as far as a pound of butter, and it both articles be of the same quality the honey will cost less. Honey is strongly recommended for children, while for persons of all ages a pleasant and wholesome drink is called 'German honey tea.' This is made by pouring a teaspoonful of hot water on from one to two teaspoonfuls of honey."

MINARD'S LINIMENT CO., LIMITED. Have used MINARD'S LINIMENT For Croup found nothing equal to it, sure cure. CHAS. E. SHARP, Hawkeshaw, N. B., Sept. 1st, 1905.



QUAINT CONCETS.

Plaid Skirts Worn With Plain Coats. The New Circular Skirt. Plaid skirts are to be much worn in the spring, with coats of a plain color harmonizing with the dominant tone in the plaid. The skirt is a semicircular shape, with graduated plaits starting from the hips until they arrive at deep folds, which hang loose at the hem. The severity of a white slip worn under a lingerie blouse may be obviated



WHITE SLIP WORN UNDER COAT.

New short petticoats in white china silk are made for smart trousseaux and have designs in English eyelet holes embroidered on them. The success of a real Josephine tea gown or evening dress depends largely on the straightness of the corset in front. A curious skimped appearance near the knees is a peculiarity of the gowns which on a tall and graceful woman is an acquired taste that has many admirers. It is a noticeable fact that pure white lace, chiffon, lawn and linen has taken the place of cream shades. As a rule, the former is vastly more becoming.

The spring hat illustrated is of white straw. The dome crown is encircled with a band of black velvet. At the indentured side of the hat are a couple of black and white wings. JUDIC CHOLLET.

LA MODE'S FOIBLES.

White Suede and Linen Pocketbooks and Cardcases a Summer Fashy. For carrying with white cloths or linen costumes there are little pocketbooks and cardcases of white suede decorated with tiny gilt beads. The clasps and corners are of French gilt. Embroidered linen cardcases are also very smart for summer use. Advanced showings of fine white garters are seen in the shops. The design is generally in pink, blue, lavender, yellow or green. These laces are deliciously dainty and only cost 35 cents a yard. Gold valencienne lace is an exquisite novelty. Both edging and insertion are woven of the gold thread. On a severe tailor gown used as inserted bands and narrow ruffles for the collar this innovation is stunning. A new way of getting a touch of gold and at the same time half concealing it is by the use of flowered gold tissue—beautiful wide ribbon of gold, with



SPOTTED WHITE NET GOWN.

flowers scattered all over it and so sheer that the colors and the gold melt into each other in a lovely manner. Tailors and dressmakers are vying with each other in seeing how many buttons they can crowd into a square inch. Some of the new tailor made skirts are literally covered with buttons, numbering several hundred, each seam of the princess corsage and full skirt being outlined with a close row of tiny buttons. The debutante's gown illustrated is of spotted white net. The full sweep length skirt is trimmed with shirred flounces of the pretty, airy material. A bertha of net shirred to fit the shoulders and crossed back and front betwixt fashion outlines the décolleté neck. The bebe waist is encircled with a deep circle of white silk with long cash ends. JUDIC CHOLLET.

THE HOW AND WHY OF IT.

"Fruit-a-tives" are the parts of the fruit that do you good. Apples, Oranges, Figs and Prunes are pressed—the juices separated from the tough, woody fibre—and concentrated. Then—and this is the secret of "Fruit-a-tives"—one more atom of bitter principle from the orange peels is forced into the concentrated fruit juices. By this process—one of the most remarkable achievements of the age—the juices are made stronger, and many times more active medicinally. Finest tonics and internal antiseptics are added, and the whole evaporated and pressed into tablets. "Fruit-a-tives" are the greatest tonic, laxative and blood purifying medicine ever discovered. At all druggists. 50c. a box.

HOMEMADE BREAD, Cake and Pastry.

Our increasing sales and patronage are good evidence that our bakery products give satisfaction. Meals to order at all hours Mrs. Brown's Restaurant Church Street, Bridgetown.

A. W. ALLEN & SON, WOODWORKERS.

We make and handle all kinds of Building Material and Finish. A complete stock of Doors, Sash, Mouldings, Scaffolding, Flooring, Sliding, etc., always on hand. Church, Store and Office Fittings a specialty. Write for Illustrations of Books and prices to 30X 98, MIDDLETON, N. S.

FINEST and FRESHEST

—LINES OF— Meat & Fish always in stock. Wm. I. Troop, GRANVILLE STREET.

SOME SORROW.

Yesterday I met an old friend in a downtown cafe. Hadn't seen him in several years. "What in the dickens makes you look so down in the mouth?" I demanded, cheerily. "Can't help it for a bit," he replied. "Lost my side a month ago. My only daughter ran a splinter into her toe last week and gangrene set in. The surgeon had to cut her foot off to save her life. My son is dying of typhoid and my grandchild has pneumonia." Verily, it never rains but it pours.

MINARD'S LINIMENT CURES COLDS, ETC.

The Baird Company's Wine of Tar Honey and Wild Cherry

For all Coughs, Colds, Bronchial and Asthmatic Coughs, Irritated Throat, Loss of Voice, Public Speakers and Singers AT ALL DEALERS

Professional Cards

J. E. WHITMAN, Surveyor and Surveyor ROUND HILL N. S.

Leslie R. Farn, ARCHITECT. Present P. O. address—AYLESFORD, N. S.

J. M. OWEN, BARRISTER & SOLICITOR PUBLIC ANNAPOLIN ROYAL. Will be at his office in J. Fisher's Block, MIDDLETON, EVERY THURSDAY. Agent for Nova Scotia Building Society Money to loan at 5 per cent. Real Estate seen by

J. J. RITCHIE, K. C., Keith Building, Halifax.

Mr. Ritchie will continue to attend the sittings of the Courts in the County. All communications from Annapolis Co. clients addressed to him at Halifax, will receive his personal attention.

James Frimrose, D. D. S. BRIDGETOWN & ANNAPOLIN.

Office days a Bridgetown, Monday and Tuesday of each week. Dentistry in all its branches carefully and promptly attended to.

O. S. MILLER, Barrister, & Co.

Real Estate Agent, etc. SHAFNER BUILDING, BRIDGETOWN, N. S.

Prompt and satisfactory attention given to the collection of claims, and all other professional business.

O. T. DANIELS BARRISTER,

NOTARY PUBLIC, Etc. (RANDOLPHS BLOCK.)

Head of Queen St., Bridgetown

Money to Loan on First-Class Real Estate.



DENTISTRY!

DR. F. S. ANDERSON Graduate of the University Maryland. Crown and Bridge Work a specialty. Office next door to Union Bank. Hours: 9 to 5.

CHAS. HEARN, Tailor Repair Rooms

Ladies' and Gents' Clothes CLEANED, PRESSED and REPAIRED. Work promptly attended to and executed in satisfactory manner. Work called for and delivered Rooms over T. A. Foster's store, opposite the Barber Shop.

WANTED!

A LARGE QUANTITY OF HIDES, PELTS, CALF SKINS and TALLOW.

CASH PAID AT THE HIGHEST MARKET PRICES. MacKenzie, Crowe & Co., Ltd. Bridgetown, Jan'y 11th, 1905.

THE Nova Scotia Fire INSURANCE COMPANY

(INCORPORATED IN CANADA) Strong - Liberal - Prompt Absolute Protection for the least money. HEAD OFFICE, - Halifax. JOHN B. MacLEOD, Mgr. F. L. HILLEN, Agent at Bridgetown

Our New Term Begins Tuesday

January 2nd. We thank our friends for their patronage and will endeavor to merit their favours. Students attending this College take no risks, but get the benefit of the accumulated skill, experience and prestige earned by 38 years of constant endeavor to give the very best procurable anywhere in business training. Catalogue free to any address. S. KERR & SON, Odd Fellows' Hall, St. John, N. B.