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EVER

Pineapple Bavarois Pare a nice ripe pineapple and shred from the core. Put into a preserving pan with one cup of granulated sugar, and half a cup of water. Place over nd half a cup of water. Place over moderate fire and cook gently intil tender, stirring frequently. Soak half a package of gelatin in half a cup of cold water. When the pineapple is cold water. When the pineapple is done rub thru a sieve and place over hot water. Stir in the gelatin and when it is dissolved remove from the fire and place in a pan of cracked Stir until on the point of setting, then fold in a pint of whipped cream Turn into a mold, cover and close se curely; pack it in pounded ice and salt and let it stand two hours or longer before serving.

Chop a quarter of a pound of beef sue: very fine and mix with half a pound of sifted flour, a little salt and sufficient cold water to make a paste. With this line the sides of a buttered basin and put in about half a grated pineapple and a liquor glass of curacoa. This should about half fill it. Cover with a thin layer of paste and pour a sweet-ened custard made with a cup of milk, two eggs and flavored with a little noyau, cover with more paste, tie up in a cloth with inverted plate over the top and steam for an hour and a half. Pineapple Fritters.

have been cooked until a rich syrup is formed, then add the pounded pineapple and strain the whole thru a sieve into

syrup with one quart of water and a pound of granulated sugar. Boil fif-teen minutes so that a thick syrup is formed. Pare the pineapple and pick from the core with a silver fork. Sprinkle two tablespoonfuls of sugar over it and let stand two hours before using. Allow the fruit juice and shreds to remain in the warm syrup until entirely cold, about an hour, if convenient. Then put in a freezer and when the little crystals begin to form on sides stir in the well beaten whites of three eggs, return to freezer and finish. Frozen Pineapple Custard.

Put one pint of milk on to scald in double boiler. Beat the yolks of three eggs light with a small cup of sugar, add the milk, stirring well and return to the boiler. Stir and cook until smooth and creamy, then remove from fire and cool. When cold add a cup of sweet cream and the beaten whites of the eggs. Place in a freezer and freeze until almost solid, then stir in a small pineapple chopped fine and thoroly heated with half a cup of sugar, which should be sifted over it three hours before cooking it.

Pare and grate a pineapple, saving all the juice; add to this two cupfuls of sifted flour, the yolk of one egg, a little salt and a teaspoonful of meited butter, with enough water to make a batter thick enough to hold a drop from the end of the spoon for a moment or two. As soon as your fat is hot enough for frying quickly fold in the whites HE pineapple, which appears in northern markets with the southern strawberry, should be used as freely during its on as its more brilliantly color as its more brilliantly color. minutes on tissue paper, Dust them ored rival. It is the most delicious of with powdered sugar and serve quickly.

Pineapple Crusts. Place in a basin one pound of sift-d flour, make a hollow in the centre and put in it half a cake of compressed put in at hair a cake or compressed yeast dissolved in a little warm milk. Add enough flour to make a good sponge, then set to rise in a warm place. When it has risen twice its original size, work in the remainder of However you are maligned and misused by another, you are only lowering apple juice is to be combined with your own standard and lessening the sum of morality in the world by planning vengeance. Defend yourself, of course; there is no real dignity in silently ignoring a falsehood refute to the discretive principle; other lently ignoring a falsehood refute to the discretive principle; other lently ignoring a falsehood refute to the discretive principle; other lently ignoring a falsehood refute to the discretive principle; other lently ignoring a falsehood refute to the discretive principle; other lently ignoring a falsehood refute to the discretive principle; other lently ignoring a falsehood refute to the flour a teacupful of lukewarm milk and two eggs, then add another egg.

And Her Entire New York Company NEXT MISS BLAIR as "CIGARETTE," in "UNDER TWO FLAGS." Pineapple Pudding.

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Hatred is Emotional Insanity

So Says Ella Wheeler Wilcox.

acquaintance who believes had written, and after I made my pro he has enemies and that they lie about him, writes me he is on their track and he will is on their track and he will ver rest until he has his revenge. "I had seized me when subjected to the la good friend," he writes, "and a ngerous foe: I have won the repunction of the latting area.""

I had stilled it.

The same overwhelming hatred which had seized me when subjected to the old injustice again dominated me. But I was older and able to take myself in hand and to realize that the only

A. Rickaby.

would rather earn the reputation of a windictive one to the worst scoundrel on earth. Would rather suffer every injustice would rather suffer every injustice would rather suffer every injustice. would rather earn the reputation of d ignominy that could be neaped will power, and if we use these divine attributes we can exterminate whatson a mortal than the second ever is undesirable and cultivate what-ever is worth while. ce. I would rather be hated by the ole work of self-development was to think of every evildoer as a new-born in-

in of officer natred.

The can three times when I was donitied by such emotions. Once in my namood, when I received a punishing that a little laughing child playing about the house. Each human being has passed thru this period, and I knew my mental picture was terry useress for me to protest; the ner person who administered the astisement was princed by unreasons a singer, and, shan as I was, I knew at such anger meant a phase of impirit, and hurt in the nesh, and for few moments I hated the person who ait me the piows. The emotion, so we to me (for I was a notably loving a affectionate child), terrined the proposition of the full meaning of his acts, which must invariably reflect injury upon himself.

was a grown woman before I again this ignoble sentiment. A street conductor insisted that I had not d my tare. I again too mim I had my tare. Then he became miner we all find this the hardest of commands to obey; but I found pity the next step to love, and it left hatred was a grown woman before I again r conductor insisted that I had not ad my fare. I again too nim I had not it, and when; then he became intuing in his words and manner. The r was fined with passengers, and I as mortified and enraged beyond excession. Inad I been a man, I know y anger would have expressed itself. brute force. I remember on leaving e car that I was dim or vision and arcely able to stand, so overwhelm-g was my rage. That very day I ad of a tragedy that took place not to blocks from where my experience id occurred, and from a similar unontrolled impulse of anger—one man lied another in a moment of sudden use over a trifle.

Those who despitefully use you," became easier after pity entered in; for the day of the person you agood turn to the person you pity is not so difficult as to put yourself out for one you despise.

I do not think we are expected to be "chummy" and intimate with those we know are liars and mischief makers. We can keep them at a safe distance until by our own well directed thoughts and words, we change their attitude.

ge over a trifle.

I understood so well how it had hapmed that it made me resolve to elimitie the possibility of emotional insany (for that is what anger and hatred
ally are) from my nature. I began
try, and, of course, when we try any
formation we always meet with tests
formation we always meet with tests
The next step towards eliminating ormation we always meet with tests our strength. The test came when man placed his name to a poem I all humanity as a cloth of gold, wover

from God's loom. It is all one piece; if some portion is rent and soled by thoughtless hands, try and repai. and cleanse it; but do not gash and sole your portion to revenge yourse,f upon the "malefactor who has despoiled his own. There is no evidoer on earth who set out in life deliberately desiring to be bad or to make unnappiness in most severe revenge you can bestow to be bad or to make unnappiness in the world. All wrongdoing is the result of ignorance and misdirected thought. By ignorance I do not mean uneducation. Many of the worst people.

D. Baird

E. M. Kane.

THE RECENTLY ORGANIZED GORDON-MCKAY LAWN TENNIS TEAM

W. B. Woods.

uneducation. Many of the worst peo-ple in history have been highly educat-ed. Many illiterate people are angels ed, Many illiterate people are angels of light on earth. But the ignorance of God's truth, the ignorance of the law of cause and effect, the ignorance which blinds the mental vision to the eternal that honesty is the best policy and fact that honesty is the best policy and that nothing pays but being true to one's higher self—this is the ignorance which lies at the root of all wrong-doing.
The bad man, the mean man, the jeal-

ous or malicious man, has always the ignorant point of view. He is spiritually shortsighted. And these people are to be pitied and helped up to the We have much of the are to be pitied and helped up to the light. It cannot be done by retaliation and vindictive revenge. As Buddha said five hundred years before Christ, "Hate can only be killed by love."

extraordinary amount of tough fibre it contains, it has all the valuable fruit acids, and a remarkable substance, a vegetable pepsin, that digests "Hate can only be killed by love." However you are maligned and mis. all albuminous matter. When the pine-

One of the methods I adopted in this of every evidoer as a new-born infant. There is nothing which appeals more to the tender side of ones natice moments of my whole experience, ere is no sorrow, no surering, that a compare with the normole sensation of every evidoer as a new-born infant. There is nothing which appeals more to the tender side of ones nature that a helpless infant. So I imagined the man or woman who stirred me with anger or hatred as a baby in challenge the liar for proof. But after that, let him go his way and run his race. Live the truth so absolutely in the cake mixture that, let him go his way and run his race. Live the truth so absolutely in the cake mixture

Delicious Pineapple. HE pineapple, which appears short season as its more brilliantly col-

t, wise the digestive process being start-

(Photo by Wilson, Whitby)

MAY IRWIN'S HANDSOME CANADIAN ROADSTER. F. E. Calverley of Whitby with his handsome high-stepping mare "Queen," recently sold at a fancy figure Canada's famous comedienne, Miss May Irwin of New York

JUNE MOTORING

The next step towards eliminating hatred for your enemies is to think of

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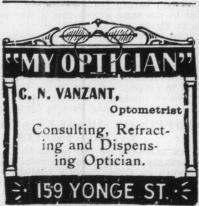
you need do no more than deny a statement to be believed. That is the best possible revenge to plan for your lying and germicidal properties of the pinement to be believed. That is the best and germicidal properties of the pinement to be believed. That is the best and germicidal properties of the pinement to be believed. That is the best and germicidal properties of the pinement to be believed. That is the best and germicidal properties of the pinement to be believed. The properties of the pinement to be believed. The properties of the pinement to be believed. The properties of the pinement to be believed by the properties of the pinement to be believed. The properties of the pinement to be believed by the properties of the pinement to be believed by the properties of the pinement to be believed by the properties of the pinement to be believed by the properties of the pinement to be believed by the properties of the pinement to be believed by the properties of the pinement to be believed by the properties of the pinement to be believed by the properties of the pinement to be believed by the properties of the pinement to be believed by the properties of the pinement to be believed by the properties of the pinement to be believed by the properties of the pinement to be believed by the properties of the pinement to be believed by the properties of the pinement to be believed by the pinement to be believed ment to be believed. That is the basic possible revenge to plan for your lying and germicidal properties of the pinereles. When you think of them say apple juice are now very generally peel and slice some pineapple, place in the pinereles. nentally: "I am sorry for you; you recognized, as well as its peptic propare sorry, too, and you are ashamed erties, but to get the full benefit of all trimmings in a mortar and pound thor and light and understanding of God's these virtues the fruit must be eaten ly, then strain thru a fine sieve. A and light and understanding of God's truth be yours."
Say these words every night before you sleep for those you believe are wronging you or have wronged you. Peace be unto you is a great phrase. It is the very highest wish we can make for anyone. To be at peace means to have an absolutely clear conscience and an awakened spirit and a broad understanding of God's ways and a large sympathy with all humanity. So when you wish your enemies peace and light you ask for what will make them your friends and their own saviours, if pointed knife. Then, holding it over your friends and their own saviours, if pointed knife. Then, holding it over they open their hearts and receive. It a basin or bowl, take a silver fork and is, of course, aggravating and irritable tear the meat in fine shreds from the to have lies told about you. It mars the beautiful hours of life to know you have enemies who try to make trouble the shredded pineapple with large, perfor you. But far worse than knowing you have enemies is the consciousness that you are any man's enemy. So long placed on a mat of the leaves for the

s you can look your own soul in the fruit. eyes and say, "There is no being on God's earth I wish anything but good; Pineapple Whip. God's earth I wish anything but good; there is no one I would not do a good turn if. I had the opportunity," then you have nothing to fear, here or here after."

It is a greater achievement to be unable to keep your enemies than to be able to retain your friends. The moment you are an enemy to your enemy to you are an enemy to your enemy to your enemy to your enemy to you are an enemy to your enemy to you are an enemy to your enemy able to retain your friends. The moment you are an enemy to your enemy you become your own worst foe. The moment you become a friend to your enemy he is disarmed and you are given a veritable armor which renders you invincible. When you have absolutely banished hatred from your heart and learned to control even the impulse of anger you will know a joy that is indescribable. Your capacity to love will augment as your capacity to hate diminishes. In the midst of hellish discords and disorders you will walk in a heaven of your own, yet a heaven all may enter who will seek it by the same door at which you knocked, and by giv-

may enter who will seek it by the same door at which you knocked, and by giv. For a good sized pineapple make a mager.

your thoughts, words and deecs that used, there is danger of its curdling if and bake. When done, turn out of the simmer gently. Place the pineapple trimmings in a mortar and pound thorrange the crusts and pineapple slices alternately on a dish, forming a circle. Boil the syrup in which the pineapples



Owns the Freedom and Southern Cross

Bake puff paste, picked in many places, on the outside of little fluted tins, and when ready to serve fill with

shredded or grated pineapple cooked in syrup, and keep a meringue on top of each. Place in the oven to color s.ight-Pineapple Souffle. Separate three eggs and beat the in lightly, mixing thoroly. Melt two yolks until creamy. Pare and grate a tables

Pineapple Fanchonettes.

half a lemon, a cup of granulated sugar and stir thoroly until dissolved. Soak half a box of gelatin in half a cup of cold water while the pineapple is being prepared. Add the beaten yolks to the pineapple and mix thoroly. Dissolve the gelatin over bolling water and add to the pineapple. Turn the mixture into a basin and stand on ice, stirring carefully until it begins to thicken, then add hastily, but folding in lightly, a pint of well-whipped cream. Turn into pint of well-whipped cream. Turn into a mold, put on the lid, binding the seam with a piece of muslin dipped in butter or melted suet and pack the mold in

our and stir and cook until it bubbl Add a quarter of a teaspoonful sal Then add one cup of grated pineapple

saucepan, stir in two tablespoonfuls of

juice and pulp, two tablespoonfuls sugar and a teasponnful of lemon juice. Cook ten minutes, then take from the fire and stir in the yolks of five eggs, beaten until very light. Beat the whites of the eggs to a stiff, dry froth and fold medium-sized pineapple, having a half-pint of pulp. Add to this the juice of half a lemon, a cup of granulated su-erate heat for about two minutes, then

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