

RECIPES

Baked Fish, Spanish Style—Prepare any fish suitable for baking in the usual manner and stuff it with a potato dressing, seasoned with a small amount of garlic. When the fish is nearly cooked, pour over it a sauce made of two cups of chopped ripe tomatoes, a tablespoonful of butter, salt to taste, and the pulp of two Chile peppers.

Mexican Rarebit—Melt a tablespoonful of butter in a chafing dish. When well heated add a tablespoonful of Mexican pepper pulp, a half-teaspoonful of mustard and a little salt. To this add a half pound of cheese cut in small pieces. When the cheese is melted stir in slowly three or four tablespoonfuls of milk, and then add one beaten egg. The mixture should be stirred constantly while cooking. When sufficiently thickened, serve on small squares of toasted bread.

Luncheon Ham—Fill a medium-sized baking dish with alternate layers of dry bread crumbs and finely chopped ham. Cover with two cups milk, mixed with three well-beaten eggs. Salt if required and bake 30 minutes in dish suitable to place on table.

Gingerbread—One cup New Orleans molasses, one even teaspoon soda, one-fourth teaspoon each of ginger, nutmeg, cinnamon, one-half cup sugar, one teaspoon butter. Beat well together and add one cup sour cream or milk. Stir in flour so you can pour batter in tin. Bake in slow oven.

Virginia Biscuits—These are thin, and if well made, they are crisp and wholesome. Any bread that is sufficiently hard to require mastication is preferable to soft bread. Add a teaspoonful of salt to a quart of sifted flour, and sift again. Mix half a pint of milk with half a pint of water, and add gradually. Knead the dough until it is elastic, and then pound it until light. Take off a portion of this and roll it out as thin as a wafer. With a pastry jagger or sharp knife cut it into square biscuits about the size of an ordinary soda cracker. Prick over the top with a fork. Place in a baking pan, and bake in a slow oven for 20 to 25 minutes. These biscuits may be served warm, or they may be baked in large quantities, put aside, and warmed up at serving time.

Imitation Sauerkraut—Select a small, solid head of cabbage and chop it up fine. Place in a granite or porcelain kettle for 24 hours. Before putting away add salt and a little water; cover well, next day add the water, rinse well and fry in fat, lard or butter, as may be desired. It also can be boiled with meat.

Baked Codfish Hash—To each cup of finely-flaked and freshened codfish allow two cups of chopped cold potatoes; mix in two tablespoonfuls of melted butter and one cup of milk; pack in a buttered pan, cover and bake 30 minutes.

Fried Salt Codfish—Cut the fish in squares and soak in cold water overnight; dry on a cloth and dip each square in beaten egg, to which has been added one tablespoon of cream; roll the fish in flour and fry a golden brown in hot fat.

Codfish Chowder—Brown one cup of finely minced pork and place it in the chowder kettle; add a layer of sliced raw potatoes, with a seasoning of salt and pepper, a layer of flaked and freshened codfish, a layer of broken milk crackers, sprinkled over with bits of butter, and, lastly, another layer of fish; pour on enough milk to cover, and cook slowly until the potatoes are done; add a little more milk before serving, if necessary.

The British Treaty.

(Chicago Tribune).

Irish-Americans are considerably aroused over the action of the administration in signing a treaty of arbitration with Great Britain.

They have filed protests with the Senate, demanding the rejection of the convention and have sent delegations to the president requesting him to withdraw the instrument from the senate.

The president's answer to one of these delegations took the form of a quotation from Washington's celebrated farewell address. His quotation is as follows:

"Nothing is more essential than that permanent, inveterate antipathies against particular nations and passionate attachments for others should be excluded and that in place of them just and amiable feelings toward all should be cultivated."

"The nation which indulges toward another an habitual hatred or an habitual fondness is in some degree a slave."

"It is a slave to its animosity or to its affection, either of which is sufficient to lead it astray from its duty and its interest."

"Antipathy in one readily to offer insult or injury, to lay hold of slight causes of umbrage, and to be haughty and intractable when accidental or trifling occasions of dispute occur."

"Hence, frequent collisions, obstinate, envenomed and bloody contests. The nation prompted by ill will and resentment sometimes impels to war the government contrary to the best calculations of policy."

"The Government sometimes participates in the national propensity and adopts through passion what reason would reject."

"At other times it makes the animosity of the nation subservient to projects of hostility, instigated by pride, ambition, and other sinister and pernicious motives."

"The peace often, sometimes perhaps the liberty, of nations has been the victim."

"So, likewise, a passionate attachment of one nation for another produces a variety of evils. Sympathy for the favorite nation, facilitating the illusion of an imaginary common interest, in cases where no real common interest exists, and infusing into one the enmities of the other, betrays the former into a participation in the quarrels and wars of the latter without adequate inducements or justification."

"Against the insidious wiles of foreign influence (I believe you to believe me, fellow citizens) the jealousy of a free people ought to be constantly awake, since history and experience prove that foreign influence is one of the most baneful foes of republican government."

"But that jealousy, to be useful, must be impartial else it becomes the instru-

ment of the very influence to be avoided instead of a defence against it."

"Excessive partiality for one foreign nation and excessive dislike of another cause those whom they actuate to see danger only on one side and serve to veil and even second the arts of influence on the other."

"Real patriots who may resist the intrigues of the favorite are liable to be suspected and odious, while its tools and dupes usurp the applause and confidence of the people to surrender their interests."

First Englishman in Japan.

Mr. Wilson Crewdson, chairman of the council of the Japan Society, points out that the grave near Yokosuka, in Japan, of Will Adams, famous in history as the first Englishman to set foot in that country, in the reign of Queen Elizabeth, has fallen into decay and needs considerable repair. Will Adams was so highly respected that he was ennobled by the founder of the last family of Shoguns, and his memory is still so highly revered in that country that a movement has been set on foot and a considerable sum subscribed by the leading Japanese statesmen, Generals, Admirals and others to restore the imposing but fast perishing tomb which marks the place of his burial among the beautiful hills that overlook the great naval station of Yokosuka.—From the London Evening Standard.



This woman says she was saved from an operation by Lydia E. Pinkham's Vegetable Compound. Mrs. Frank Lindsay, Ontario, writes to Mrs. Pinkham: "When I wrote to you some time ago, I was a very sick woman suffering from female troubles. I had inflammation of the female organs and could not stand or walk any distance. At last I was confined to my bed and the doctor said I would have to go through an operation, but this I refused to do. A friend advised me to try Lydia E. Pinkham's Vegetable Compound. After using three bottles of it, I feel like a new woman."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness or nervous prostration. Why don't you try it?

Mrs. Pinkham invites all sick women to write her for advice. She has mailed thousands of letters. Address: Lynn, Mass.

A Valued Possession.

When Commander Peary made his first trip in search of the pole, he gave a Prince Albert coat and a weather-beaten sombrero to an Eskimo. Years afterward, when again in the north, the explorer received a ceremonial visit from a native, and to his surprise, says the Youth's Companion, set eyes once more on the discarded vestments. On the occasion of the commander's latest dash for the pole his former native friends took him aside and showed him a rude mausoleum. By its stood a disheveled sledge. Its six dogs had been strangled to make an appropriate funeral offering, and on the piles of stones lay what was left of the Prince Albert coat and the sombrero.

Minard's Liniment used by Physicians.

Secrets.

I'd like to tell you everything that happens where I am; I want to lead an open life. And then forms of shame. But there are things I must not tell in doing it I'd stammer. For instance, what had said the day His thumb nail felt the hammer.

There is a secret I must keep. In fact I couldn't print it. It would not even go with dots. And dashes too to hint it. I cannot tell what I'd said, said. You would not understand. The morning foot the ice lid. High down and clanked a hand.

I've told you all about the time That father told the goat. The way he tried to carve a duck. The way he rubbed the goat. But O, I dare not tell you how He swore the air was black— The night he let the wrenny cough And stepped upon a tack.

Kind friends you must imagine now Some things that have occurred. At home there were no reasons that defy the printed word. Housecleaning time is now at hand. The night he let the wrenny cough And stepped upon a tack.

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CHILDREN'S BOOKS.

HEALED BY ZAM-BUK.

The little girl of Mrs. Lewis Post, of Carlisle P. O., recently fell against the stove and burned her forehead very badly. Mrs. Post says: "The burn was about the size of a fifty-cent piece, and was near the hair. It made my little girl's eye swell till it almost shut, and then she got cold in it. It began to run matter very badly, and I could not stop it, although I bathed it good every night and morning. At last I sent for some Zam-Buk, which soon stopped the matter and very quickly healed the wound. I have never seen a burn heal so quickly, and I am sure Zam-Buk has no equal for curing cuts, or burns, and I shall always keep a box on hand in case of emergency."

Every home needs Zam-Buk! All diseases of the skin quickly yields to it. It is also an excellent remedy for piles (blind or bleeding), rheumatism, etc. All druggists and stores. 50 cents a box, or post paid from the Zam-Buk Co., Toronto.

Science Jottings.

The bee can outfly the pigeon. The mole will starve to death in a day.

Hashish, which in its effects is much the same as opium, is prepared from the gum taken from hemp.

The Salvation Army has a factory in Europe where musical instruments are made for its warblers.

In China the property of the parent must be equally shared by the children upon the death of the father.

Despite lower tolls, the receipts of the Suez Canal were greater last year than ever before.

The Russian Government has dispatched a party to investigate the discovery of mammoth remains which was reported from the province of Yakutsk in Northeast Siberia. A remarkable feature of the discovery is the existence in the intestines of this extinct animal of perfectly preserved food, relics of a vegetation until now unknown to science. The expedition is expected to be absent for a year or more. The framework of this mammoth is to be deposited in the St. Petersburg Museum of the Academy of Arts, where there is already one other specimen.

Although electro-deposition is one of the oldest arts in which electricity is practically employed, some remarkable improvements have been made in it during the past few years. One of the most novel of these is the electro-deposition of a mechanical device for plating small articles, such as screws or pins, which formerly had to be strung by hand on wires or plated in baskets. These are now done into a porous barrel placed into the plating solution and revolved by machinery.

In the erection of a railroad bridge over the Susquehanna River at Piquette Grace, the American Bridge Company will make use of what is probably the largest wood block ever made. It has been made especially for the work and weighs 1,350 pounds, for the work inches across the shell and is rated at 60 tons capacity. The shackle is a solid forging 3 1/2 inches thick.

The Mikado has a corps of 60 doctors and 30 priests. England consumes 30 ounces of tobacco per annum per head.

Fish-hooks have been made on precisely the same design for 2,000 years. Antwerp and Amsterdam have the best health records of all European cities.

Deep-water diving can be carried on with safety to a depth of 210 feet provided proper precautions are taken and suitable appliances used, according to the report of the British Admiralty Committee appointed to investigate the subject.

No Occasion for It.

"My dear," said the old man to his only daughter on the morning of her wedding day, "I don't see how I am going to get along without you."

"Now don't let that worry you, papa," replied the fair maid, as she adjusted her bridal veil. "George confessed to me last night that he hadn't money enough even to buy a second-hand stove instead of losing me it looks as if we were going to stay right with you."

Ask for Minard's and take no other.

Finally the Worm Turned.

A muscular Irishman strolled into the Civil Service examination room, where candidates for the police force are put to a physical test.

"Strip!" ordered the police surgeon. "What's that?" demanded the uninitiated.

"Get your clothes off and be quick about it," said the doctor.

The Irishman disrobed and permitted the doctor to measure his chest and legs and to pound his back.

"Hop over this bar," ordered the doctor.

The man did his best, landing on his back.

"Now double up your knees and touch the floor with your hands."

He sprang, face downward, on the floor. He was indignant, but silent.

"Jump under this cold shower," ordered the doctor.

"Sure, that's funny," muttered the applicant.

"Now, run around the room ten times to test your heart and wind," ordered the doctor.

The candidate rebelled. "I'll not; I'll stay single."

"Single?" asked the doctor, surprised.

"Sure," said the Irishman; "what's all this fussing got to do with a marriage license?"

He had strayed into the wrong office. Illustrated Bits.

The man who can talk to himself while shaving doesn't miss the barber.

Misericable All The Time?

Dull headaches—back aches—low spirited—hate the sight of food—don't sleep well—all tired out in the morning—no heart for work?

GIN PILLS

will make you well

Your kidneys are affected—either through overwork, exposure or disease. It is the kidneys that are making you feel so wretched. Gin Pills cure sick kidneys—make you well and strong—give you all your old time energy and vitality. Cheer up—and take Gin Pills, get a box for \$2.50. Sent on receipt of price if your dealer does not handle them.

SOLE DRUG CO. - WINNIPEG, MAN. 98

Historical House.

Somerset House.

1859 the house now covered by Somerset House was the site of a house of 100 years ago. It was a large house, and was the residence of the Somerset family. The house was built by the Somerset family, and was the residence of the Somerset family. The house was built by the Somerset family, and was the residence of the Somerset family.

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A WIND ON LADY'S APPEAL.

To All Women: I will send free with full instructions, my home treatment, which positively cures Leucorrhoea, Uterine Displacements, Falling of the Uterus, Painful or Irregular Periods, Prolapse of Ovarian Tumors or Growths, Flat Not Flashes, Nervousness, Menstrual Pains in the Head, Back or Bowels, Kidney or Bladder Troubles, where caused by weakness peculiar to our sex. You can continue treatment at home at a cost of only about 12 cents a week. My book, "Woman's Own Medical Advisor," also sent free on request. Write to-day. Address Mrs. M. Summers, Box 11, Windsor, Ont.

Control of Milk Supply.

Since milk is so extremely variable in quality, and is so easily adulterated; since often considerable variations are not readily detected; above all, because the amount of milk used by any given person or family is comparatively small, the consumer of milk is almost wholly at the mercy of the producer and dealer, and must of necessity be imposed upon by unscrupulous people.

In various ways sought to regulate the sale of milk and such products. The chief means has been to establish arbitrary standards of quality, and to subject to fine those dealers whose goods should be found to be below the required standard. The standards established by various states and municipalities have varied widely. From 2.5 to 10 per cent. of fat, and from 11.5 to 13 per cent. of solids, have been the minimum requirements. These standards, while efficient in securing honest dealing where they are rigidly enforced, nevertheless tend to create a false standard, and to encourage the producer to produce a comparatively low quality product at a reasonable price. It would seem, therefore, that the best means of regulating the traffic in milk would be to set up an artificial standard, and hold him responsible who requires each individual dealer to guarantee his milk to be of that standard, and to hold him responsible from strictly skimming to heavy cream, upon grading scale of prices, with exact justice to everyone.—Prof. H. H. Wing, Cornell University.

A Toilet Luxury.

Mira Skin Soap is a delight to every woman who values a soft, beautiful skin. Mira Skin Soap takes away all skin irritations—cures skin troubles—and keeps the skin clear and smooth.

Elegantly perfumed—refreshing—unsurpassed for toilet and bath.

See a cake—at druggists or sent on receipt of price. The Chemists' Co. of Canada, Limited, Hamilton.

What Causes Headache.

From October to May, Canada has the most cases of headache. LAXATIVE BROMO QUININE removes cause. E. W. Grove on box, 25c.

With a Little Help.

"Willie," asked his mother, "who is that boy you have been out playing with?"

"Why, that's Fred—Fred, now, what's them things in the top of a barn?"

"Ratters?"

"No, that ain't it. It's—"

"Shingles?"

"Aw, no! Furder down."

"Pigeons!" suggested his father.

"Naw! Nothin' like that."

"Oats?"

"Course not