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"Cravenette" (Regd) Showerproofed garments come in a large variety of attractive patterns and color schemes, suitable for skirts, jackets and coats.

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SHREDDED WHEAT

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For breakfast heat the Biscuit in the oven a few moments to restore crispness; then pour hot milk over it, adding a little cream; salt or sweeten to suit the taste. It is deliciously nourishing and wholesome for any meal with stewed prunes, baked apples, sliced bananas, preserved peaches, pineapple or other fruits. At your grocer's.

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REXTON.

Rexton, N. B., May 8.—Mr. and Mrs. Howard Parkhill, of East Galloway, have returned home from New York where they spent a few months.

Mrs. M. Dobson spent Sunday with Buctouche friends.

John Farrer, of Main River, who has been dangerously ill with blood poison,

OF INTEREST TO WOMEN

HINTS ON GOOD TABLE MANNERS

It is sometimes difficult to make young people—particularly boys—appreciate the value of correct table manners. "Aw, what's the difference?" they ask, when told not to eat with their knives.

The difference is that as a whole table etiquette is based upon the fundamental principles of convenience, neatness, and self-restraint. Disregard of these causes the offender to appear slovenly, greedy, and inconsiderate of the sensibilities of others.

Sit erect at the table; don't sprawl with your elbows on the table. Don't attempt to bring your mouth down to your food; raise the food to your mouth.

Don't shake your napkin out with flourish; unfold it and spread it across your knees. Toss on corner of it to your lips as occasion arises in your home or in a house where you expect a guest for several meals, fold your napkin when you are through with it. If a guest for one meal only, crumple the napkin slightly. It is unbecomingly to do otherwise. The assumption is, of course, that it will not be used again until it is washed.

Do not break crackers into your soup. Look at the next person you see doing it, and observe what an unsavory looking dish it produces. Never dip crackers or bread into any sort of liquid.

In dipping up soup move the spoon toward the outer edge of the dish. Take the soup from the side of the spoon.

When in doubt, use your fork, in a pretty fair table rule. The knife, of course, is absolutely tabooed except for cutting and spreading. The spoon is used only for liquids and soft desserts. Vegetables served as side dishes are usually eaten with a fork.

In cutting meat, take the knife in the right hand, and the fork in the left hand, cut off a proper mouthful, lay the knife down beside the plate, transfer the fork to the right hand, holding the tines pointed downward, and raise the meat to the mouth. It sounds slow, to be sure, but rapid eating is neither healthful nor pleasant to watch.

CARE OF THE FURNITURE

Old furniture in the care of a modern housemaid is often disappointing. There may be a gloss on the old mahogany chest, but it is the gloss of too much furniture polish. If the finger is rubbed along the top of a Queen Anne table with its feather inlay and its rich coloring a smear is probably left which is not so much a sign of carelessness as it is of the hurry and rush to complete work which succeed in detracting from its appearance.

The less polish the better, where antiques are concerned. Old oak and other wood always require more elbow grease than application. Sweet oil, partially applied, however, excellent for antique mahogany. If a flannel is dipped in the oil it should be rubbed over the wood, the surface having been first of all well dusted. Stains and spots on old mahogany can be taken out by dipping a cork in oxalic acid and water and working it over the stain. Two ounces of yellow bees wax dissolved in the same quantity of spirits of turpentine represents another good medium for mahogany.

One of the best methods for cleaning old oak is to dust it well in the first instance and then to rub it with a flannel dipped in a mixture of bees wax, oil and spirits of turpentine. Many people, however, never allow beeswax to touch a Jacobean chest or armchair, which is richly carved, and believe in wiping it well over with beer—made very hot—and leaving it to sink into the furniture overnight, polishing it in the morning with a very soft duster.

To remove the stains on old French furniture which is painted white, flannel moistened with kerosene will usually prove successful, while antique

CHEESE COOKERY

Baked Rabbit.

Cut one pound soft mild cheese in thin slices, sprinkle the bottom of a buttered baking-dish with buttered stale bread crumbs, cover with one-third the cheese, and sprinkle with salt and paprika; repeat twice, using in all two and one-half cups bread crumbs, two tablespoons melted butter, the one pound of cheese, one and three-fourths teaspoon paprika. Beat three eggs slightly, add one and one-half cups milk, and pour over mixture. Bake in a moderate oven twenty-five minutes. Serve at once.

Cheese Salad.

Mash a cream cheese with a fork, and if stiff work in a very little heavy cream. Season with salt and paprika, and make in the form of balls. Arrange lettuce in form of nests by putting for each nest, two leaves with stem ends together. Put three cheese balls in each nest, sprinkling with finely chopped parsley and paprika, and over a French dressing. A few chopped olives or English walnut meats may be added to the cheese balls to give variety.

English Monkey.

Soak one cup stale bread crumbs in one cup cold milk fifteen minutes. Melt one tablespoon butter in small saucepan, add one-half cup soft, mild cheese, cut in small pieces, and stir until cheese has melted; then add soaked bread crumbs, and when thoroughly heated one egg, slightly beaten,

one-half teaspoon salt, and a few grains cayenne. Pour over toasted crackers. A luncheon dish which is a chafing-dish possibility.

Cheese Timbales.

Beat four eggs slightly and add three-fourths cup cold water, one cup heavy cream, two and one-half tablespoons melted butter, three tablespoons grated cheese, one-half teaspoon salt, one-eighth teaspoon paprika, one-eighth teaspoon cayenne, and a few drops onion juice. Turn into buttered timbales, bake in pan of hot water, and bake until firm. Remove to rounds of sauted bread, and pour around one and one-fourth cups tomato sauce.

Littleton Cheese.

Work one cream cheese (ten-cent size) using a small wooden spoon, and add gradually one fourth cup butter. When thoroughly melted add one teaspoon capers, one teaspoon paprika, two anchovies, finely chopped, one shallot, finely chopped, one fourth teaspoon caraway seeds, and one-half teaspoon salt. Press into a small mold, and let stand at least two hours to set. Remove from mold and serve with crackers.

Baked Macaroni with Cheese.

Break macaroni in one-inch pieces; there should be one and one-half cups; cook in boiling salted water to cover, twenty minutes or until soft, drain in colander and pour over one quart cold water. Put one-half in a buttered baking-dish, dot over with one-half table-

spoon butter, sprinkle with one-half teaspoon mustard and one-fourth cup grated cheese; repeat. Pour over white sauce, cover with three tablespoons grated bread crumbs, mixed with one tablespoon melted butter and bake until crumbs are brown. For the white sauce, melt three-fourths tablespoon butter, add three-fourths table-spoon flour, and stir until well blended; then pour on gradually, while stirring constantly, one and one-fourth cups milk. Bring to the boiling-point, and season with one-half teaspoon salt.

Cheese Fondue.

Mix one cup soft stale bread crumbs, one cup hot scalded milk, one-fourth pound mild cheese (cut in small pieces), one tablespoon butter and three-fourths teaspoon salt, add the yolks of three eggs, beaten until thick and lemon colored; then cut and fold in the white part of eggs, beat until stiff and dry. Turn into a buttered baking-dish and bake twenty-five minutes in a moderate oven.

Cheese Cakes.

One cup sweet and one cup sour milk, one cup sugar, yolks of four eggs and grated rind of one lemon, one-fourth cup almonds, blanched and chopped, one-fourth teaspoon salt. Scald sweet and sour milk, strain through cheesecloth. To the curd add sugar, yolk of egg, slightly beaten, lemon and salt. Line patty-pans with paper, fill with mixture and sprinkle with chopped almonds. Bake until mixture is firm to the touch.

THE CONSOLATIONS OF THE SPINSTER

There is a good deal of sympathy wasted by women, especially young brides, for that class of society known as spinsters.

Indeed, it is firmly believed by the majority of them that spinsters never had a lover or a proposal, and their present condition is due to the fact that men have entirely overlooked them in their search for a wife!

Of course, a good many old maids have misused their vocation. That is to say, they were originally meant to be wives, but by some mischance of fate they joined the ranks of spinsterhood. However, it never seemed to occur to people that some spinsters are so from choice alone, says Woman's Life.

They never imagine that the position of an unmarried woman could be anything but an unlovely gray existence—most of the time taken up in deploring the lack of a man to take care of her!

They never imagine that consolation as sweet, if not sweeter, than those of married women.

That a good many of the latter would not find them soothing is true.

They are born and bred for matrimony. Their one absorbing aim from childhood is to win man's approval and get married. Therefore they are perfectly content to be moons revolving round a masculine earth and the lesser light of matrimony.

But spinsters have nearly all come to the conclusion that men in general and none in particular are worth all this self-decoration. They insist on being twin stars or nothing; and as the average man objects to anyone sharing the honors with him, they prefer to remain unmarried.

Besides, every spinster knows, even if she didn't when she was young, that when a man asks a woman to love him, he invariably does so with the hope of getting someone to help him to love himself!

Spinsters are quite content to cherish an ideal man in their hearts, rather than have legal possession of one who can be horribly material at times, who goes about the house in bedroom slippers and dressing-gown, dispenses with his collar and tie, who smokes the lighter light of smoking, and has the selfish knack of expecting everyone to help him to maintain his dignity as husband and head of the house.

As a rule, she is perfectly happy in the worship of an imaginary being, instead of being the helpmate of a man who has little respect for persons, least of all for his wife, and who will do for his dog, his friend, and his cycle what she would ask him to do in vain.

Marriage may be tolerable to those who can stand it, but spinsters know that since the grand passion cannot last marriage must necessarily be the cold rest of unrequited love.

Even mutual tolerance and affection can hardly be expected to survive the daily meetings at breakfast which are likely to cover a space of thirty years or more.

The spinster can breakfast where she chooses; she can take up her bed and walk, durably speaking, at all times, and she is not compelled to ask the permission of a husband; neither is she expected to be in at a certain hour to see that the servant, until his dinner in a proper manner, or rush home to be in time to bathe the baby.

HEAD OF A FAMILY OF SIX GENERATIONS

Is a Centenarian and Crossed Continent Alone—Saw Service in Mexican and Civil Wars.

Los Angeles, Cal., May 6.—Peter S. Morrison, aged one hundred years, has arrived here from Albany, N. Y. He crossed the continent alone, and when he alighted from the train found himself hale and hearty enough to take in the whole city on foot.

"My children," he said, "did not want me to come West until they could accompany me, but as I had a little asthma trouble I told them that if I did not come on now it would be a question of only a few years until they would no longer be here."

Mr. Morrison is a contractor, although he has not built a house with his own hands for two years. Shortly after his ninety-ninth birthday he found it necessary to wear glasses for the first time in his life, and this annoyed him so much that he left his business in Michigan and went to New York to live with his oldest son, who is seventy-four years of age. Peter S. Morrison is now the oldest of a family which includes six generations. All of his eight children are alive and happy, and he has great-great-grand children.

He was the husband of the girl with whom he fell in love as he led him to school one morning at Burlington, N. Y. He was then six years of age and she was then sixteen. His mother was left a widow when he was sixteen and she moved to Ohio by ox team, which he drove. His wife's family moved to the same place and when he was of age they were married. She died thirty years ago.

In the Mexican War Morrison followed General Taylor, then he went with him from Beaumont to Buena Vista. In the civil war he followed Sherman to Atlanta and then Thomas to Nashville. He has been a Baptist for sixty-seven years and a temperate man all his life.

"I don't give too much of it away, a dime's worth of chewing tobacco will last me six weeks," he says, "although I have chewed it moderately since I was forty years old. I never use whiskey for anything but medicine."

Peter S. Morrison was born on the Atlantic Ocean, March 11, 1813, twenty days out from Scotland, and was with his parents in New York City for two months old when his parents landed in New York City. He thinks if he likes it here he will locate permanently.

Suffering Humanity Finds

that relief must be found for the ills which may come any day, —else suffering is prolonged and there is danger that grave trouble will follow. Most serious sicknesses start in disorders of the organs of digestion and elimination. The best corrective and preventive, in such cases, is acknowledged to be

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This standard home remedy tones the stomach, stimulates the sluggish liver, regulates the inactive bowels. Taken whenever there is need, Beecham's Pills will spare you hours of suffering and so improve your general health and strength that you can better resist disease. Tested by time, Beecham's Pills have proved safe, certain, prompt, convenient and that they

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"I received a letter full of kind advice, which I followed, and if I had only written her a year ago I would have been saved so much suffering for today I am a well woman. I am now keeping house again and do every bit of my own work. Every one in this part of the country knows it was Lydia E. Pinkham's Vegetable Compound that has restored me to health, and everywhere I go I recommend it to suffering women."—Mrs. Lizzie Scott, Buckner, Mo.

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