

## NEWS OF SPECIAL INTEREST

FOR A CHANGE  
TRY SOME OF THESE

Recipes Contributed By Miss Gladys Baxter—Tested Rules For Tea Dishes—Economical Cakes For War-Time.

## Tribby's.

1 cup of butter or butter substitute; 1-4 cup milk; 1 cup brown sugar; 1 egg; 2 cups oatmeal; 1 tablespoon soda; 2 cups flour; 1-2 teaspoon salt. Cream the butter, add sugar gradually, add egg, well beaten, add milk, oatmeal and flour, alternately. Roll thinly, cut with cookie cutter, and bake in a moderate oven. Put together in pairs with date filling.

Filling—1 lb. dates; 1 cup brown sugar; water to cover. Stew dates in water until soft, add sugar and boil a few minutes longer. Cool.

## Cocoa Drop Cakes.

4 tablespoons shortening; 1-2 cups flour; 1-4 cup sugar; 1 teaspoon baking powder; 1-2 cup milk; 1-2 cup cocoa; 1 egg; 1-2 teaspoon salt. Mix shortening and sugar until smooth, add milk and well beaten egg, mix well. Sift flour, baking powder, salt and cocoa into mixture and stir until smooth; add vanilla. Bake in a hot oven 10 minutes. The mixture may be dropped from a spoon, leaving plenty of room for spreading or may be cooked in individual tins.

## Bean Muffins.

1 cup beans; 1 cup molasses; 1 cup Graham flour; 1 cup cold water; 2 cups standard flour; 1 teaspoon salt; 2 teaspoons soda. Mix dry ingredients, add soda to molasses; stir well and add to dry ingredients. Add water and bake in a hot oven. Graham flour may be omitted and 2 cups of bran used. 1-2 cup of molasses with 1-2 cup brown sugar may be used in place of one cup of molasses.

## Creamed Tripe.

Wash tripe carefully, cut in pieces about one inch square; cover with

ST. JOHN LADIES  
AT LOWER MILLSTREAM

Mrs. J. R. VanWart, Mrs. C. E. Harding and Miss Alice Estey as members of the United Baptist Women's Missionary Society paid a visit to Lower Millstream on Friday, Mrs. VanWart, representing the U. B. W. M. S., addressed the Union of Lower Millstream, speaking in the interests of the three years' jubilee campaign. The ladies were entertained at the home of Mr. Musgroves.

## NEW BILL AT THE LYRIC.

Today affords the opportunity for witnessing the excellent first half of the week bill at the Lyric. The King Musical Company have arranged to put on a very sparkling and snappy comedy called Diamond Palace. This bright skit affords an excellent occasion of rendering numerous laughs. These two funny comedians are attracting all kinds of attention with their splendid impersonations and witty dialogue and fine character acting. Splendid numbers will be featured. Miss Daily White, the dainty little soprano, will introduce a new number called Jimmy.

Miss Leslie and Mr. Donovan will be seen in a novelty electric swing number. Miss Ruth King in songs and recitations. Miss Lillian Leslie, the popular girl with the show, is in a class by herself when it comes to character songs and ballads. Miss Leslie has made many friends since coming to St. John and her vocal work is of high order.

If you are looking for a good and pleasant evening's entertainment go to the Lyric tonight and you certainly will be entertained. Popular Prices.

cold water and bring slowly to the boiling point. Drain and add milk, a piece of butter, salt and pepper to taste. Reheat and tripe is ready for serving. The quantity of milk and butter used will vary with the amount of tripe.

## TO GO TO FREDERICTON

Miss Vanwart Appointed Domestic Science Teacher in Public School—At Present Touring Province in Interest of Food Conservation.

Miss Jessie Vanwart, daughter of Mr. and Mrs. J. R. Vanwart, has been appointed to the post of Domestic Science Teacher in the public schools at Fredericton. Miss Vanwart is at present speaking before the Women's Institutes throughout the province, giving talks on Food Conservation and the use of white flour substitutes. Later on canning will be the foremost topic of the address. Last week she spoke at Clifton and Lorneville, and this week will be at Gagetown and other places in Queens county where there are institutes established. Miss Vanwart is a pleasing speaker and is having good success in the work.

## HOW TO CAN SALMON

(Published By Request.)

The canning of meats and fish is a difficult undertaking; success is not always certain, and it should never be attempted until the second or third year of canning experience. Meat and fish canned at home should be carefully examined before eating, and if there is any sign of putrefaction they should not be used. The method is practically the same as that used in connection with vegetables, the meat or fish (with salmon) is cut into small pieces (about 1 inch stand a few hours in a salt brine after cutting in convenient pieces) is packed raw and cold in hot sterilized glass jars, boiling water and salt added, the jar partly sealed, and sterilized in a hot water bath for four hours (boiling). The jars are then either sealed, inverted, tested for leaks, labelled and stored in a cool dry dark place.

To quart jar use 1 teaspoonful of salt and fill up jar with boiling water.

EXECUTIVE OF  
MARITIME UNION

Mrs. David Hutchinson of St. John Presided At Meeting of U. B. W. M. Society At Wolfville.

The St. John ladies who attended the Executive of the Maritime Union of the United Baptist Women's Missionary Society, held at Wolfville last week, speak in very glowing terms of the interesting meetings and the amount of important business transacted.

Mrs. David Hutchinson, president of the union, presided at the meetings which began Wednesday evening and lasted all day Thursday.

Other ladies present from New Brunswick were Mrs. N. C. Scott, Mrs. W. E. McIntyre, Mrs. George Doherty, of St. John; Mrs. W. O. Clark, of Fredericton; Mrs. W. S. Cope, of Intervale, and Miss Augusta Slipp, the provincial secretary for New Brunswick. Many members of the union throughout Nova Scotia were present.

Very full reports were read by the corresponding secretary, Miss Hume; the provincial secretary for Nova Scotia, Mrs. McLean, and Miss Slipp. A pleasing feature of the meeting was the presence of Miss Winifred Eaton, of Lower Canada, a missionary to India, who is at present on furlough.

It was decided not to hold the annual conference but to have the important business of the union passed by a full meeting of the executive.

RAIN PREVENTED  
ST. STEPHEN TROT  
Only One Trot in One Class Trottled on Thursday.

Starter D. J. Stockford returned Saturday from St. Stephen where he officiated at the horse races that centre on July 4th. On account of the inclement weather only one heat was run, in "B" class. The rain deluging the field caused the other entries to be withdrawn.

The officials of the races then announced from the grand stand that the remainder of the races would be run off Thursday afternoon with a free admission to all.

Following gives the horses in Class "B," purse \$65 (oats) and time for one heat:

Mary Heir, 1 Northern Star, 3 Colone D. 2 Most Grattan, 4 Time—1-4, 36; 1-2, 12 1/2; 3-4, 50 1/2; 1 mile, 2:36 1/2.

The other entries in the remaining classes were:

Class "A," \$65 Worth of Oats. Lady Pondley, Lady Ashbrook, Little Gilly and Evelyn B.

Class "C," \$20 Worth of Oats. Bud Worthy, Bird Gardo, Rose Lumps, Ben Bourbon—did not start. Stella Mac and Marion Todd.

Haftland Team Wins  
Harland, July 6—Harland and Woodstock played another game of baseball on Friday evening with result that the Haftland team was victorious. This may be partly due to the new diamond which has been made on the village green. Hitherto Haftland boys have not had a fair show because of an inferior ball ground and have, as a consequence suffered defeat already in the season. But the incentive of such a fine new diamond is surely spurring them to do better work.

MAY HAVE CIRCUIT RACING.  
Delegates from Fredericton, Chatham, Moncton, Sussex and St. Stephen arrive here this evening to hold a conference with local horsemen regarding the possibilities of a Maritime circuit meeting to be held in St. John on July 19-20.

Some of the local horsemen are much in favor of this and with delegates from the above centres citizens may have the pleasure of witnessing some "old-time" races.

## SPORTING NEWS AND GOSSIP

## THE BIG LEAGUES

(Saturday Games.)

INTERNATIONAL GAMES.  
At Jersey City—First game—  
Brooklyn . . . 00000000—1 8 1  
Jersey City . . . 00000000—1 7 0  
Frock and Fisher; Labate and Carroll.

Jersey City, 1; Binghamton, 0.  
Second game—  
Binghamton . . . 00000000—0 3 1  
Jersey City . . . 00000001—1 4 2  
Webb and Haddock; Seles and Carroll.

Newark, 3; Baltimore, 0.  
At Newark—  
Baltimore . . . 00000000—0 6 1  
Newark . . . 01002000—2 10 0  
Kneesh and Egan; E. Rommel and Madden.

Buffalo, 5; Rochester, 0.  
At Rochester—First—  
Buffalo . . . 00130000—3 8 1  
Rochester . . . 10012000—5 12 4  
Cooper and Meyers; Hekmet, Grant and Smith.

Rochester, 12; Buffalo, 2.  
Second game—  
Buffalo . . . 11000000—2 6 2  
Rochester . . . 12010000—12 12 1  
Rose, Murphy and Bengough; Hekmet and Smith, Reeves.

Toronto, 8; Syracuse, 3.  
At Syracuse—  
Toronto . . . 20201000—3 9 0  
Syracuse . . . 00000000—3 7 0  
Aichelle, O'Neill; Gockey, Ray and Cobb.

AT PITTSBURGH—First game.  
Boston . . . 00000000—1 9 3  
Pittsburgh . . . 30010000—5 8 1  
Batteries—Rudolph, Cavan and Wilson; Mayer and Schmidt, W. Smith.

Second game—  
Boston . . . 01100010—4 7 1  
Pittsburgh . . . 00010000—5 8 1  
Batteries—Fillingim and Henry, Wilson; Sanders, Comstock and Schmidt.

Cincinnati, 10; Philadelphia 9.  
At Cincinnati—  
Philadelphia . . . 00000000—9 4 2  
Cincinnati . . . 05001300—10 16 4  
Batteries—Davis and Burns, Adams; Schlader, Regan, Roney and Wingo. Clete.

Chicago, 10; New York 0.  
At Chicago—  
New York . . . 00000000—0 6 0  
Chicago . . . 00000000—0 6 1  
Batteries—Demaree and McCarty; Vaughan and Kilfer.

SUNDAY GAMES.  
NATIONAL LEAGUE.  
Cincinnati, 5; Philadelphia 4.  
Cincinnati, July 7—Philadelphia and Cincinnati broke even in a double header today, the locals winning the first game 5 to 2, and the visitors taking the second, 4 to 3.

First game—  
Philadelphia . . . 00010100—2 8 4  
Cincinnati . . . 00000001—1 8 1  
Batteries—Hogg and Burns; Ring and Wingo.

Philadelphia 4; Cincinnati 3.  
Second game—  
Philadelphia . . . 00000102—4 11 0  
Cincinnati . . . 02000000—3 9 0  
Batteries—Prendergast, Watson, Orschger and Adams; Toney, Regan, Ring and Wingo.

Chicago 6; New York 1.  
At Chicago—  
New York . . . 01000000—1 5 1  
Chicago . . . 00500001—6 11 1  
Batteries—Perritt and Oschen and Radford; Douglas and Kilfer.

St. Louis 3; Brooklyn 2.  
At St. Louis—  
Brooklyn . . . 10010000—2 9 2  
St. Louis . . . 00002001—3 9 0  
Batteries—Marquard and O. Miller; Packard and Gonzales.

Second game—  
Brooklyn . . . 00100000—2 10 0  
St. Louis . . . 00010000—1 7 1  
Batteries—Robertson and O. Miller; May and Gonzales.

KNOW YOUR OWN COUNTRY  
St. John River Valley  
The Garden of New Brunswick

The St. John is a lovely river, with a beauty all its own. There have been attempts to label it "The Rhine of America," but in the opinion of those who know and appreciate the St. John, its baptismal name is of sufficient distinction—an opinion with which those who have traversed the two rivers will in all probability agree.

Draining an area of some 30,000 square miles, and with its principal tributaries furnishing some 1,300 miles of navigable waters, the River St. John, after a course of 450 miles, discharges its flood through a narrow rocky gorge, where are the famous Reversing Falls, into the Bay of Fundy.

During the season of navigation there is a regular service between St. John and Fredericton, a distance of eighty-four miles. The journey commences at Indiantown, just above the Reversing Falls. The boat's course for the first mile or two is between far-eroded overhanging cliffs, which open into an island-studded and lake-like expanse—the confusion of the Kennebecasis and the St. John. It, in turn, leads to a tortuous course, with sometimes high and sometimes undulating banks, through scenes of rare beauty. Its very windings constitute one of the elements in a landscape of infinite variety, had peaceful banks they are, with an occasional quiet homestead peeping among their curves

and a primitive looking lighthouse standing on a point of land as a warning of the proximity of shallows. For the most part the land is thickly wooded. There are numerous park-like stretches, highly cultivated fields and orchards, and withal a most picturesque and contented looking country, for this is one of New Brunswick's best farming districts.

What is termed the middle Upper St. John extends from Fredericton to the Grand Falls. This is not navigable for large steamers, but affords excellent opportunities for motor boating. The river seems to take on a different character, and the scenery is, if possible, more beautiful than the lower portion. A line of railway owned by the Province, but operated as part of the Canadian Government Railways, runs by its lower shore to Woodstock, a distance of sixty miles. One enthusiast in writing of this rail trip says, "You have the beautiful St. John River in sight all the way up and all the way down. Other railways run alongside other rivers, but there is generally something of a sameness in the view. Not so along this portion of the St. John. The variety of the view is what surprises and delights. Here you are up on a high piece of ground and the river is winding along in the distance as a huge silver snake, with cultivated flats and charmingly wooded heights in the farther distance. There you are running right

beside the water, and whether you look up, down or across you see a subject for the landscape painter.

"Indian, Frenchman, Jesuit, Loyalist, each in his turn has had his experiences on the middle Upper St. John Valley. There is a world of history yet to be unfolded about what they said, wrote and did. If this is a country with a past, it is surely a country with a future. Most beautiful crops must come from its fertile soil, to be largely of the present and the future.

Above Woodstock the course of the St. John is through a magnificent pastoral country. Approaching the Grand Falls the scenery becomes wilder and more rugged. The Falls rank with the great cascades of North America, and seen from above present a fascinating spectacle.

Between St. Leonard and Edmundston, the St. John River is the boundary line between New Brunswick and the State of Maine, and Canadian and American villages face each other on its opposite banks.

The line operated by the Canadian Government Railways at present extends from Centerville, Woodstock, Fredericton to Gagetown, and that portion from Gagetown to Woodstock, by which it will place these towns in direct communication with St. John, is nearing completion.

The St. John River Valley folder issued by the Government Railways will prove a useful guide to those contemplating a trip through the Garden of New Brunswick.

## Bringing Up Father.

