MC 2035 POOR DOCUMENT

Toronto Man Cured of Intolerable Itch

Mr. J. E. Hooper, Toronto.

By Cuticura Soap and Cuticura Ointment

"I just want to say a good word for Cuticura Soap and Ointment. Four or five years ago I was in Port Arthur, and I had an attack of the itch. It certainly was an intolerable nuisance. The itching was principally at nights before I went to bed. The thighs were especially affected.

"I went to two doctors about it, and tried more than one remedy. I was beginning to think the complaint was incurable, when I was telling my trouble to a barber, and he said that he would guarantee to cure me. He told me to take a hot bath, use Cuticura Soap, and then apply Cuticura Ointment. I took his advice, and, sure enough, the itch vanished. I had probably been troubled with the itch for two or three months before I tried Cuticura Soap and Ointment, and they completely cured me of that intolerable nuisance. After one warm bath with Cuticura Soap and use of the Cuticura Ointment I was never troubled with the itching again. Anything in this testimonial I would be prepared to swear to in a court of law." (Signed) J. E. Hooper, 268 Parliament Street, Toronto, Jan. 10, 1911.

For more than a generation Cuticura Soap and Ointment have afforded the speediest, simplest and most economical treatment for skin and scalp humors. Sold by druggists and dealers everywhere. A liberal sample of each, with 32-page book, sent free, to any address, by the Potter Drug & Chem. Corp., 32 Columbus Ave., Boston, U. S. A.

SHIPPING

ALMANAC FOR ST JOHN, JULY 17.

	A.M.		P.M.
High Tide	1.08	Low Tide	7.59
Sun Rises	4.58	Sun Sets	8.01

The time used is Atlantic standard.

PORT OF ST. JOHN.

Arrived Yesterday.

Str Rossano, 2367, Bailey, Sydney, Dominion Coal Co.

Sailed Yesterday.

Barkentine Dana, 333, Boye, Youghal.

CANADIAN PORTS.

Montreal, July 15—Ard, strs Monarch, Liverpool; Lake Manitoba, do; Saturnia, Glasgow. Steamed 16th, Bellona, Dundee and Leith; Andonia, Miramichi; Venango, Hull; Inishowen Head, Belfast.

Quebec, July 16—Ard, strs Turcoman, Bristol; Querida, Anticosti.

BRITISH PORTS.

Auckland, July 15—Ard, str Tokomaru, Kelly, St John (N B), via Melbourne and Sydney.

Belfast, July 14—Ard, str Absalom (Dan) St John (N B).

FOREIGN PORTS.

New York, July 16—Sld, schrs Beaver, Halifax (N S); Hazel Trahey, Canning (N S).

Norfolk, Va, July 16—Ard, str Ragnarok, Cheverie (N S).

New York, July 16—Ard, schrs Laura C, Chatham (N B); Unida, Newcastle (N B); Susie P Oliver, Stockton (Me); Damietta and Joana, Portland (Me).

Vineyard Haven, July 16—Ard, schrs Harold B Cousens, St John (N B); William B Herrick, Hantsport (N S); Latooka, Port Johnson; Maggie Ellen, Port Reading; Annie P Chase, New York; James H Hoyt, Perth Amboy.

Marconi Station

(Glace Bay Gazette)

The present towers at the Marconi station at Glace Bay are to be removed and steel masts substituted. The present towers which are built of wood are liable to catch fire at any time, and in order to protect the station, steel masts are to be substituted. The change will be made at once.

Work will be started next week at Louisburg in clearing the ground for the new Marconi receiving station which is to be erected at that place immediately.

Australians and New Zealanders are the greatest meat eaters in the world. The former eat 262 lbs. of meat a year each, and the latter 212 lbs., while the British only eat 105 lbs., and Americans 185 lbs.

TWO WOMEN TESTIFY

What Lydia E. Pinkham's Vegetable Compound Did For Their Health—Their own Statements Follow.

Haliburton, P.E.I.—"I had a doctor examine me and he said I had falling of the womb, so I have been taking Lydia E. Pinkham's Vegetable Compound and it has done me a lot of good. All the bearing-down pains have vanished. I have gained ten pounds in weight, the discharge is all gone, and I feel better than I have for a long time. I think any woman is foolish to suffer as I did for the sake of a few dollars.

"You can use my letter as a testimonial. It may encourage other poor women who suffer as I did to use your Vegetable Compound." — Mrs. Geo. Collicutt, Haliburton, Lot 7, P.E.I.

Read What This Woman Says:

New Moorefield, Ohio.—"I take great pleasure in thanking you for what your Vegetable Compound has done for me. I had bearing down pains, was dizzy and weak, had pains in lower back and could not be upon my feet long enough to get a meal. As long as I laid on my back I would feel better, but when I would get up those bearing down pains would come back, and the doctor said I had female trouble. Lydia E. Pinkham's Vegetable Compound was the only medicine that helped me and I have been growing stronger ever since I commenced to take it. I hope it will help other suffering women as it has me. You can use this letter."—Mrs. Cassie Lloyd, New Moorefield, Clark Co., Ohio.

LA MARQUISE DE FONTENOY

Duke of Orleans Sells Historic York House at Twickenham — Kaiser's Son to Cologne as Political Move

(Copyright, 1912, by the Brentwood Company)

The Duke of Orleans, after having sold Wood Norton, his 4,000 acre estate to Sir Charles Eady, chancery judge, has now also disposed of his only remaining English landed property, York House at Twickenham, for which he has been looking for a purchaser for some time. Frequently confounded with Orleans House, also at Twickenham, York House was his birthplace, as well as that of most of his sisters. It was the scene of several royal French marriages, and played a very important role in the history of the House of Bourbon-Orleans during the nineteenth century.

Built some time in the reign of James I., on one of the most picturesque of the upper reaches of the Thames, opposite Eel-Pie Island, it was acquired soon after the restoration by the great Earl of Clarendon, who wished to have a residence in the immediate neighborhood of Charles II. when the latter was staying at Hampton Court Palace. When Clarendon's daughter, Anne Hyde, married James II., then Duke of York, the newly wedded pair went to the earl's country seat for their honeymoon, and afterwards established their residence there. Hence is derived the name of York House.

Their daughter, Princess Anne, afterwards Queen Anne, was born there in 1664 in the room still known by her name. York House has changed owners several times since then, one being Prince Starhemberg, an Austrian ambassador to England in the early part of the nineteenth century, and it was he who fitted up one of the wings as a private theatre, where French plays and operettas were produced at his expense.

Its next possessor was an Archbishop of York, and then came the Hon. Mrs. Damer, one of the foremost of English sculptresses. The studio which she made for herself in the east wing was afterwards converted into a conservatory. Mrs. Damer frequently entertained Queen Caroline, consort of George IV.

Then it became for some years the suburban English home of Joseph Bates, of Boston, an American partner of the great banking house of Baring. Indeed it was there that all those distinguished Americans who visited England during the second, third and fourth decades of the Victorian era, were enabled to meet the principal men of Great Britain.

Joseph Bates' daughter married Baron van der Weyer, Belgian envoy in London, and personal representative of Queen Victoria's uncle, Leopold I of Belgium. The Van der Weyers' daughter is now the wife of Lord Esher and mother of the Hon. Oliver Brett, who was lately an unsuccessful suitor for the hand of Miss Antoinette Heckscher of New York.

In 1848, when King Louis Philipe lost the throne of France, he and Queen Marie Amelie found refuge at Claremont Palace placed at their disposal by Queen Victoria. The English queen also lent another of her country seats, namely, Bushey Park, now owned by the Duke of Connaught, to the exiled monarch's son, the late Duc de Nemours. The Duc d'Aumale, another son, established himself at Orleans House, Twickenham, and he purchased York House for his sister in law, the widowed Duchess of Orleans and her two boys, the Comte de Paris and the Duc de Chartres. There the Comte de Paris was brought up, there he married, and it is there also that all his elder children were born.

In 1871, on their return to France, they leased the place; but when the Comte de Paris was forced once more into exile, he rented Stowe Palace, the beautiful home of the Dukes of Buckingham and Chandos, and caused York House to be fitted up for his eldest son, the present Duke of Orleans.

It remained the duke's principal home until the death of his uncle, the Duc d'Aumale, placed him in possession of the latter's English estate of Wood Norton, whither he transferred his residence, together with all his magnificent hunting trophies, natural history collections, and family treasures.

Ever since then, York House allowed to fall into a somewhat dismantled condition, has been neglected, and it has been disposed of.

Orleans House, its neighbor, is now owned by the Catholic Order of the Ladies of the Compassion, who use it as a convent. It is a land-mark connected with all sorts of historical associations; an old brick and stone mansion built by Queen Anne's Scotch secretary of state, James Johnstone, afterwards Marquis of Annandale, who lent it to her in 1694, for the use of her ailing son, the young Duke of Gloucester, who died there.

Queen Caroline, consort of George II., spent much of her time there, and Daniel Defoe, of "Robinson Crusoe" fame, mentions the place in his "Tour Through England, Scotland and Ireland," noting that of all the river side gardens, "I think that of Secretary Johnstone, for elegance and largeness, and the terrace on the river, makes much the brightest figure here."

King Louis Philippe on his return from the United States, where he had for a time earned his living as a school master, acquired the place in 1800, and gave it its name of Orleans House, he then bearing the title of Duke of Orleans. Queen Marie Amelie, his consort, died there, after her husband's loss of the French throne, and subsequent death at Claremont Palace; and when the Duc d'Aumale gave up Orleans House in 1871, on his return to France, he lent it for a couple of years to the late Don Carlos, pretender to the throne of Spain; and in 1874 sold it to Sir John Asquith, who converted it into a suburban sporting club under the name of the Orleans Club.

In 1883 it was purchased by the late William Cunard, from whom it passed into the possession of the nuns of the Order of the Compassion.

Prince Augustus William of Prussia, fourth of the Kaiser's sons, and the one among them who has shown the greatest taste for science, art and literature, is, so I hear from Berlin on excellent authority, about to take up his residence at Cologne, or rather, I should say, in the beautiful chateau of Bruhl, a sort of Rhennish Versailles, within easy drive of the city.

There is considerably less loyalty to the reigning house in the west of Prussia than in the eastern part, owing perhaps to the fact that the population of the Rhine provinces is largely Catholic, and as such were formerly discriminated against by the Berlin government, especially during the period of Bismarck's memorable war against the Catholic church.

Cologne has always displayed a marked spirit of independence towards the House of Hohenzollern, unable to forget that, until the beginning of the nineteenth century, it was a free city of the old empire, while the surrounding district formed part of the dominions of the sovereign and archiepiscopal prince electors of Cologne. Today Cologne is perhaps the only Prussian city where the bourgeoisie affect ignorance as to the number of the Kaiser's children and grandchildren, and as to their respective names.

It is to remedy this condition of affairs, and to create an interest in the reigning house—in one word to awaken a spirit of greater affection for the dynasty, that Prince Augustus William and his popular and attractive consort are to spend a portion of the year, and to hold court at the old palace of the former Prince Electors.

The necessity of something of the kind may be said to have been realized in former reigns; for when Frederick William II. was on the Prussian throne his eldest son, afterwards Frederick William IV., spent much of his time at Bruhl, which on his accession to the throne was turned over to his younger brother and heir, afterwards Emperor William I. During the latter's lifetime it frequently served as a residence for the present Kaiser's father, Emperor Frederick, while old Emperor William encouraged his wife, Empress Augusta, to spend at least eight months of the year at Coblentz, near by on the Rhine, where she held a court that was frequented by most of the Rhineland nobility.

Since her death, some twenty years ago, the Rhine provinces have been subjected by the Kaiser and his family to something much akin to neglect; hence Prince Augustus William's tenancy of the palace at Bruhl, haunted by the portly ghost of the last Prince Elector, Archduke Maximilian Francis of Austria, brother of the ill-fated Marie Antoinette, and who, nicknamed "L'Abbe' Sacre' Bleu" for his joviality and rather emphatic language, weighed less than 480 pounds.

MARQUISE DE FONTENOY.

Envy

By RUTH CAMERON

HOW much of the happiness in this world is built on the very ugly foundation of other people's envy!

That is a very disturbing and disheartening thought which comes to me whenever I have occasion to realize how largely the value we place on things is determined, not by their intrinsic beauty or utility, but rather by their rarity.

Luxuries would not be luxuries if everyone could have them. "Automobiles are so common nowadays," says one of the rich folks who was among the first to own a car, "that there is no fun in having one. Why, every plumber and two-penny clerk has his machine. I think I shall sell mine." You see, a large proportion of his pleasure in owning a car consisted in having something that other people could not have.

Would the woman who declares she loves her diamonds because of their fire and sparkle continue to love them if a gigantic diamond mine were discovered and diamonds became inexpensive and correspondingly common? Indeed she wouldn't. She would forget all about that fire and sparkle which she declared was so surpassingly beautiful, and would want some other gem which common people could not afford. The fact that it had less intrinsic beauty would probably mean nothing to her.

A plain girl longs with all her heart to be pretty, and thinks she would be perfectly happy if she might be good to look at. Suppose a fairy godmother should appear to her and say, "I will make you very pretty, and at the same time, since you tell me beauty is such a desirable thing, I'll make every other plain girl in the world pretty, too." Do you think the plain girl would be satisfied? Do you think she'd be delighted at the good fortune which had come to all her sisters through her? Or would she be disappointed at the fairy godmother's catholicity of giving? I'll leave it to your knowledge of human nature to decide which.

I doubt if there is any motive which is behind more of our thoughts and words and acts than this desire to outshine other people, to have something which other people want and cannot have, in short, to be the object of other peoples' envy.

It stands behind a woman's desire to have a richer cake at her party than Mrs. So-and-So served at her function. It spurs the great statesman in his struggle for fame—"that last infirmity of noble minds."

But its commonness is no excuse. To my mind it is one of the ugliest and most ignoble passions in the world.

To teach myself to value things for their intrinsic beauty or utility, and for the actual happiness I can get out of them and give with them, rather than for their rarity or the envy I can excite with them—this is one of my dearest ideals. Will you adopt it with me? Or perhaps you are one of the rare souls who have already attained it.

PAPER ON INFANT FEEDING BY DR. McVEY OF ST. JOHN

Matter of Practical Interest and Value Presented at Meeting of Medical Society in Moncton

The subject of infant neutrition is one of much importance, when we take into consideration the fact that an infant normally doubles its weight in the space of five months and trebles it in twelve months. It shows the wonderful activity of tissue building that is taking place to supply the necessary constructive material for such very rapid growth and development during this important period of life. It is therefore very essential to be extremely careful as to the proper kind of food given, also the frequency it is given, as well as the quantity; and above all the food should be given in such a form that it should be capable of ready absorption and assimilation. And the only food which will perfectly fulfil all these requirements of early infancy is normal human milk.

When, for certain reasons, such is impossible to procure, we are compelled to fall back on other sources as a substitute, and the nearer such a substitute approximates in its make-up to human milk the more suitable it is for the purpose of construction.

Now to build up tissue or repair the system, the food must contain five important elements in certain proportions, namely, proteids, hydrocarbons or fats, carboleydiates, salts, water.

In case of an infant, the digestive powers of the saliva is very gradually developed. The saliva does not exert its action on starchy foods until the age of three months. The pancreatic secretion, which plays the most important part in the digestion of starch, does not fully develop until the end of the tenth or eleventh month, for this reason no food of a starchy nature should be given an infant during the early months of life. The required carbohydrate elements must be supplied in the form of sugar, and in order to supply the large amount of warmth necessary for an infant, a considerable large amount of hydrocarbon is necessary. If the food is deficient in fat, the growing bone is apt to show rickety deformaties.

Infant Mortality

The very great mortality of infancy is largely due to faulty feeding; and artificial feeding is responsible for the vast majority of disorders in infancy. The statistics of the hospital for sick children, London, show that 90 per cent. of the fatal cases of diarrhoea in infancy occur in those partially or entirely fed artificially, and only 10 per cent in infants entirely fed at the breast."

Doctor McVey here read the following from the St. John Times:

(Times, July 13, 1912)

Montreal, July 13—The pitiful death rate among the children caused by the prolonged hot spell, continues to grow. Little white coffins, bearing mute testimony to the suffering of the babies are accumulating in ever increasing numbers at the Cote des Neiges chapel. From six to twenty-four coffins are seen at each service.

The demand for hearses has been so heavy that undertakers have not been able to supply the demand, and in many cases bodies were carried to the cemetery in ordinary coaches.

At one time the grounds were surrounded with black and white hearses and fifty coaches. As one of the horses attached to a hearse was conveying a body from the chapel to the graveside the horse suffered a sunstroke, and dropped dead on the road. In one day this week more than fifty little coffins had passed the gates at the Cote des Neiges together with fifteen containing the bodies of adults.

Continuing he said:—

The conditions which contra indicate breast feeding are very few, and familiar to every physician.

Some Mothers Condemned

We cannot condemn too strongly the selfishness of women who refuse to feed their infants in the natural way, because such duties of motherhood interfere with their social pleasures or engagements. When the mother is unable to nourish the child, we must devise a proper substitute. And cow's milk is the one usually selected, but it requires modification to adapt it to the needs of a young infant.

As a human baby and a calf are a very distinct specie, and nature never intended otherwise, to make a human baby a parasite of a cow is contrary to all natural laws.

A comparative analysis of the composition of human and cow's milk shows a very marked difference in composition. The only ingredients alike in each are the fats.

Human.

Casien	
Proteids composed of casein .6, lactoalbumen ¼	2 p.c.
Fat	3.5 p.c.
Sugar	7.0 p.c.
Salt	.2 p.c.
Water	87.3 p.c.
Reaction	Alkaline
Sucific gravity	1031

Cows.

Proteids composed of casein 3.25, lactoalbumen .75	4.0 p.c.
Fat	3.5 p.c.
Sugar	4.0 p.c.
Salts	.7 p.c.
Water	87.8 p.c.
Reaction	acid
Specific gravity	1029

In cow's milk the proteids are in much larger per centage and the sugar per centage also much smaller. The composition of the proteids is entirely different and consists chiefly of casein and is in the percentage casein 4, lactoalbumen 1, whereas in human it is in the percentage of 1 to 2.

Another important difference is the fact that cow's milk is very acid, and contain much bacteria, whereas the human is sterile and alkaline. It will thus be seen that the difference in composition and proportions is very great, and this has opened up a tendency to supply various modified forms of milk preparations for infant feeding, with the object of approximating to the human standard.

But it must be remembered that an infant is not a test tube. We may determine the percentage of each constituent in a mixture, but what concerns us most is what particular percentage will suit each individual case. Each one must be carefully observed and studied, when we consider that the capacity of a child's stomach at birth is only 1 1-5 ounces, at three months four ounces, at six months six ounces.

Regular Feeding

It is important that the feeding should be at regular periods. The great tendency is to feed too much and too often. The infant who is fed whenever it cries, cannot be expected to digest its food. Such error, if not relieved by an attack of vomiting, will cause over distension of the stomach. It is well to adopt a regular rule, and one that will meet all requirements as to this is, viz.:

The first week feed every two hours, not more than one ounce at ten regular intervals.

From second to sixth week of age every two hours not more than one and a half to two ounces at eight regular intervals.

From sixth week to three months every two and a half hours three or four ounces at six regular intervals.

From three months to six every three hours four to six ounces at six regular intervals.

If cow milk is selected the following additions will bring it up to all requirements in order to meet the different ages:

Milk, 1 tablespoonful.
Water, 2 tablespoonfuls.
Lime water, 1 tablespoonful.
Thick cream, 1 teaspoonful.
Milk sugar, 1-2 teaspoonful.
Half of this quantity to be given as a feed.

2nd to 6th Week.

Milk, 2 tablespoonfuls.
Water, 3 tablespoonfuls.
Lime water, 1 teaspoonful.
Cream, thick, 1 teaspoonful.
Milk sugar, 1 teaspoonful.

6th Week to 3rd Month

Milk, 3 tablespoonfuls.
Water, 3 1-2 tablespoonfuls.
Lime water, 1 tablespoonfuls.
Cream, thick, 1 teaspoonful.
Milk sugar, 1 teaspoonful.

3rd to 6th Month

Milk, 4 tablespoonfuls.
Water, 3 tablespoonfuls.
Lime water, 1 tablespoonful.
Cream, thick, 1 teaspoonful.
Milk sugar, 1 teaspoonful.

6th to 8th Month.

Milk, 8 tablespoonfuls.
Water, 2 tablespoonfuls.
Lime water, 3 tablespoonfuls.
Cream, 1 teaspoonful.
Milk sugar, 1 1-2 teaspoonfuls.

8th to 12th Month.

Milk, 12 tablespoonfuls.
Water, 2 tablespoonfuls.
Lime water, 2 tablespoonfuls.
Cream, thick, 1 teaspoonful.
Milk sugar, 2 teaspoonfuls.

Guarding Against Bacteria

Milk and cream are very susceptible to bacteria influence and contamination from unhygenic surroundings and the risk of infection from its contamination is a real one. But the frequency of such has been greatly exaggerated. However in the occurrences of the fatal summer diarrhoeas and the great mortality there can be little doubt that milk infection is largely a responsible agent in many cases. Hence various methods, tedious and bothersome to carry out, have been devised, such as boiling, pasteurization, sterilization, etc., to overcome this. But these are to be regarded as necessary evils, not a virtue in themselves. The idea aimed at is not the destruction of micro-organisms by processes which may and almost certainly do diminish the nutritive value of milk; but the prevention of such contamination. No method of preparation can make a bad milk good.

As to the process known as peptonizing milk this embraces two different processes for the pre-digestion of food, by the use of pepsin and pancreatin respectively. The latter agent is preferable, because it acts in an alkaline, or neutral medium, whereas pepsin requires an acid. Cases whe whereas pepsin requires an acid. Cases where the stomach seems to have lost its digestion power are often benefitted by it, but it also has certain marked disadvantages, as the stomach often refuses to do its own work after having used these pre-digested preparations.

A word as to the host of proprietary or infant foods. Almost all of them are preparations of cereals, and as such most all contain starch, but with this important difference, that in some the starch is partially, or completely converted into soluble carbohydrates,—dextrin, maltose or gluecose. In others it remains unaltered.

It is upon the degree of this conversion of starch and the amout of fat present that the value of these foods depends. None of the so-called infant foods, which contain unconverted starch should be given to an infant, until it reaches the age of nine months.

A very serious defect in all these foods is the low proportion of fat, indeed some have scarcely any and, prepared as they are by simple addition of water, they are totally unfit for infant food, and Professor Stilles states in the majority of cases of pronounced infantile scurvy which have come under his observation the infants had been fed on one or another of these so called infant foods.

There are very few cases in which any of these proprietary foods should be allowed to become the principal article of diet and in spite of all the advertisements there is not a single infant food in the market which can adequately replace cow's milk as a food for infants.

FEMININE DECEPTION

"I'm goin' to swear off on pinchin' women's purses," said Gimlet Pete, disgustly.

"What's the matter?" asked Corkscrew Hank.

"Aw, I follows a nice, plump pocketbook for a mile. It was bulgin' out. An' when I cops it, what do I get? A handkerchief, a pair of old stockings an' a secondhand wad of chewing gum."—Cincinnati Enquirer.

To Look and Feel Bright in Hot Weather

(From the Woman Beautiful.)

This is the season when she who would have a rose-leaf complexion, lily-white neck and hands, should turn her thoughts to mercolized wax, the firm friend of the summer girl. Nothing so effectually overcomes the soiling effects of sun, wind, dust and dirt. The wax literally absorbs the scorched, discolored, withered or coarsed cuticle, bringing forth a brand new skin, clear, soft and girlishly beautiful. It also unclogs the pores, removing blackheads and increasing the skin's breathing capacity. An ounce of mercolized wax, obtainable at any drug store, applied nightly like cold cream, and washed off mornings, will gradually improve the worst complexion.

When depressed by the heat and you want to freshen up for the evening, bathe the face in a lotion made by dissolving an ounce of powdered saxolite in a half pint witch hazel. You'll find this more refreshing than an hour's rest. It also smoothes out fine lines, affecting even the deeper wrinkles.

Neave's Food

FOR INFANTS

Is The RIGHT Food For YOUR Baby

The strongest argument for your using NEAVE'S FOOD *for your baby*, is that 80 years experience has proved its value for the youngest and most delicate infant.

NEAVE'S FOOD contains all the essentials for flesh and blood forming, is an exceptional degree—assists teething — relieves constipation — and makes baby thrive.

Sold in 1 lb. air-tight tins by all Druggists in Canada.

Free to Mothers—Write today for free tin of Neave's Food and book "Hints About Baby", to the Canadian Agent — EDWIN UTLEY, 14 Front Street East, - TORONTO. (*Mention this paper.*) 38A

Mfrs. J. R. NEAVE & CO., England.

Daily Hints For the Cook

COCANUT CUSTARD PIE.

One pint of milk, three tablespoons fine cracker crumbs, one egg, one small cup shredded cocoanut, sugar to taste. Bake like a custard pie with one crust.

TEA CAKES.

Sift with one quart of flour seven teaspoons of baking powder and rub into it a huge tablespoonful of butter, add a little salt, mix quickly into a soft dough with sweet milk. Half fill rings or tins (about five inches across is a nice size) and bake quickly in a hot oven. Let the cakes cool slightly, cut them through the middle, butter well and divide into four pieces. A nice luncheon dish and one often served in England for breakfast.

MARBLE CAKE.

Cream three-quarters cup of butter, add 1 1-2 cups of sugar and beat smooth then stir in the well beaten yolks of three eggs. Sift three cups of pastry flour with three level teaspoons of baking powder and add to the first mixture alternately with one-half cup of milk. Add last one teaspoon of lemon flavoring and then fold in the stiffly beaten whites of three eggs. To one cup of this cake batter add one-half level teaspoon each of cinnamon and allspice and a saltspoon each of mace and cloves and a teaspoon of cocoa. Put part of the light mixture into the buttered cake pan dot with the dark mixture and then put on the remainder of the light. Bake in a moderate oven and put on an icing if desired.

HOT ? ?

Dalton's Lemonade

For those hot, sizzling days, nothing so refreshing as Dalton's Concentrated Lemonade. Made from lemons and sugar only. Guaranteed free from Tartaric Acid. Sweetened and ready to serve.

1 bottle makes half a gallon.

Try it once and you will never again make lemonade in the ordinary way.

10c. ALL GROCERS AND DRUGGISTS

W. S. CLAWSON & CO., St. John, N. B., Wholesale Distributors.

ICE CREAM FREEZERS AND REFRIGERATORS

The warm weather will cause you to look for something in this line, and there is positively no colder Refrigerator on the market than the Ice Berg. Price from $8 to $12.50.

The Model Refrigerator is beautifully finished, has a white enamel lining, in three different sizes, $12.50 to $18.

We also handle a complete line of White Mountain Ice Cream Freezers, the oldest and best Ice Cream Freezer on the market.

2 qt.	3 qt.	4 qt.	6 qt.
$2.30	$2.65	$3.25	$4.20

McLEAN HOLT & CO.,

MANUFACTURERS OF GLENWOOD RANGES

155 Union St. St. John, N. B.

When You Think of FURNITURE Think of Us!

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Women In Society

Lifeless Hair Doesn't Match a Graceful Form and Handsome Face

Glorious hair! how many women want it and how few have it.

The care of the hair is a puzzle to most women, yet any woman, no matter what her station in life, can easily acquire a wealth of radiant, luxuriant hair, so fascinating that everyone will admire it.

Use PARISIAN SAGE, that's the secret of beautiful hair. Use this refined, refreshing, hair dressing regularly, and soon dandruff will disappear; falling hair will cease; scalp itch will vanish and life and beauty will quickly appear.

PARISIAN SAGE is just as good for men and children as for women, and if it doesn't give satisfaction to any user money will be refunded. Large bottle 50 cents at A. Chipman Smith's and dealers everywhere.