

COOKED BANANAS.

Fried or Baked, They Are a Delicious and Nourishing Food. Americans already eat millions of bananas a year as raw fruit, but our capacity would be much larger, according to the food economists, if we would use it more extensively as a cooked food. There are many ways of cooking bananas, and in most of the lands where they grow fried and stewed bananas are staple articles of diet. The banana contains as large a percentage of carbohydrates (starch and sugar) as does the potato and nearly the same proportions of other constituents, with the exception of potash. It is not a perfect substitute for the potato, but very near it. Most American housewives do not know how to cook bananas. For fried bananas peel and split them, dip each half into well beaten egg, then into fine breadcrumbs and fry in hot oil. More digestible are baked bananas. Bananas may be baked whole, one side of the skin being stripped back in this case, or they may be peeled and cut in halves. The fruit should be put in a baking pan, sprinkled with cinnamon, a half cupful of sugar, a pinch of salt and tiny bits of butter. Pour into the pan a half cupful of water and bake frequently while baking in a quick oven. Lemon juice may be substituted for cinnamon, making it into a sirup before baking, then pouring over the fruit when placed in the oven. Apples may be baked with the peeled bananas, and the combination is delicious.

SHARK MEAT IS RANK.

But the Arabs of Aden Eat It Both Fresh and Dried. Shark fishing is an important industry at Aden, Arabia. The poorer classes of the inhabitants depend on this fish for their only taste of sea food. Some of the meat is dried and preserved in salt. The fins and maws are shipped to China, and the livers produce an oil that is used for a varnish on boats. The Arab in his primitive boat, or dhow, a flat bottomed craft of some 150 tons burden, finds his best fishing grounds between Aden and Shukra during the cool months from October to March. He uses both nets and hooks. Fishing is sometimes done from a small boat, but this is dangerous, as a large fish occasionally overturns the boat, and the fishermen become the prey of other sharks. Small sharks are sold in the Aden fish bazaar for about half the price of other edible fish. Fresh shark meat is very strong, and one must develop a taste for it to enjoy it. Males, or salt dried shark meat, has the largest market of any of the by-products. It is used in such quantities by the Arabs of the interior that the local market cannot meet the demand, and much of the meat consumed has to be imported from the Arabian gulf ports. Like the fresh meat, males is strong in taste and odor.

Kangaroo Mother's Bravery.

During a severe drought in a certain section of Australia the owner of a country station was sitting one evening on the porch when he saw a kangaroo lingering about, alternating approaching and retiring from the house, as if half in doubt and fear what to do. At length she approached the water pails and, taking a young one from her pouch, held it to the water to drink. While her baby was satisfying its thirst the mother was quivering all over with apprehension, for she was but a few feet from the porch where one of her foes was watching her. The baby, having finished drinking, was replaced in the pouch, and the old kangaroo set off at a rapid pace. The spectator was so much impressed by the astonishing bravery of the affectionate mother that he made a vow and kept it—never again to shoot a kangaroo.

Foolish Question.

An official who was making up an assessment roll because of some recent street improvements called at each house on the improved streets to learn the names of the property owners. At one house he climbed out of his car, went to the door and knocked. "Who owns this property?" he asked. "Why, I do," the woman answered. The official got her name and put it down in his book. Then he took a squirt at the size of the lot. "How many feet?" he asked. "Two, of course!" the woman snapped, wondering whether he thought she was a centipede.

Aluminum.

Bauxite is a mineral that contains aluminum in a combination which the electric furnace will tear apart, thus producing the metal. Clay also contains it in vast quantities, but the trick has not yet been turned to see free the aluminum in clay. So bauxite is used. —New York Sun.

Surgery in Stone Age.

A flint knife has recently been found in Fraserburgh, Aberdeenshire, which had been used in performing surgical operations in the stone age. It is almost identical with the operating knife adopted by surgeons within the past few years. —London Mail.

One of the Elect.

"Sir," said the haughty dame to the poor inventor, "you don't belong in the poor classes." "I think I do, ma'am," he replied, "for I live in an attic."

Not Being Done.

He—What did you think of the play? She—It wasn't true to life. He—How so? She—Well, the wife continually asks for money and gets it.

COURSE OF A RIFLE BALL.

Just What Happens From the Instant the Gun is Fired. Two sportsmen were disputing. One claimed that if a rifle is sighted on a dead level the ball commences to fall the instant it leaves the barrel. The second man claimed that the ball first rises above the level of the barrel and then falls. They didn't settle the question, but here is the answer: Gravity acts upon a moving and unsupported body instantly. In a rifle the line of sight (that is, the line of aim) is one thing; the line of the bore is another. In order that gravity will not cause a bullet to drop too soon a rifle is always made so that the line of the bore points slightly upward as compared with the line of sight. The result is that, while the bullet begins to drop away from the direct line of the bore the moment it leaves the piece, it rises at first above the line of sight and then slowly drops below it. Rifles are usually made so that they will strike the object aimed at at a certain distance—say 200 yards from the hunter. That is to say, they carry "point blank" at 200 yards. If the object is farther away more front sight must be given. Under any and all circumstances, however, the bullet drops away from the line of the bore, owing to the gravity, the moment the gun is fired.

AGED SOAP BUBBLES.

Dewar Makes Monster Ones and Then Keeps Them For Months. The transient existence of the soap bubble is proverbial, but Professor J. Dewar, in a discourse recently delivered at the Royal Institution in London, explained how soap bubbles could be made to last for months and exhibited several specimens. The first requisite is that the air used in blowing the bubble shall be free from dust. In Professor Dewar's process the air is filtered through cotton wool, and the bubbles are blown by opening a stopcock in the air supply tube. For the soap solution he prefers the purest oleic acid (tested by the iodine number) and ammonium soap (not potassium or sodium). To make a bubble durable the sac of liquid must be removed from its bottom by suction through tubes applied from outside. The lecturer showed bubbles that had endured for months and that were more than half a yard in diameter, blown in glass vessels containing pure air at atmospheric pressure. A little water is kept at the bottom of the vessel. A uniform temperature of about 50 degrees F. is favorable to longevity. Some of Professor Dewar's smaller bubbles were nearly a year old.

Oriental Justice.

A young man going on a journey entrusted a hundred dinars to an old man. When he came back the old man denied having had any money deposited with him, and he was had up before the cadl. "Where were you, young man, when you delivered this money?" "Under a tree." "Take my seal and summon that tree," said the judge. "Go, young man, and tell the tree to come hither, and the tree will obey you when you show it my seal." The young man went in wonder. After he had been gone some time the cadl said to the old man: "He is long. Do you think he has got there yet?" "No," said the old man; "it is at some distance. He has not got there yet." "How knowest thou, old man," cried the cadl, "where that tree is?" The young man returned and said the tree would not come. "He has been here, young man, and given his evidence. The money is thine."

Diphtheria Germs.

Diphtheria germs multiply so rapidly that in the course of twenty-four hours there may be many millions. Meanwhile they are producing diphtheria toxin, one of the most powerful poisons known, which is absorbed by the body and causes the general symptoms of the disease. The germs enter the body through the mouth or nose. They may be transferred by kissing, coughing or sneezing, or they may be transferred to the lips by the use of the common drinking cup or other utensil or by fingers soiled by touching some object which an infected person has just used.

Had to Swallow Many Things.

An amusing anecdote is related of the late Hungarian statesman Tisza, who when one day dining at the Hofburg with the Austrian emperor placed a large pear upon his plate at dessert. The emperor remarked to his minister that cold fruit after a hot dinner was injurious to the digestion. Tisza replied, "The stomach of a Hungarian prince, your majesty, is obliged to be a strong one."

After the Dinner.

"I ate next to a red headed woman," said the fresh young man after the dinner party. "And I ate next to nothing," replied the woman alluded to, who happened to be within hearing.

Government.

A man must first govern himself before he be fit to govern a family and his family ere he be fit to bear the government in the commonwealth.

Distinction.

"Is that reckless orator an agitator?" "No. He's merely an irritator."—Washington Star.

Civilization is first and foremost a moral thing.

DIRT AND DISEASE.

Man Alone Has Typhoid Fever, and He Gets It From Filth. To be the consort of a queen and yet to die of a disease that is caused by filth! That was the fate of Prince Albert, consort of Queen Victoria, who died at the prime age of forty-two from typhoid fever, a disease that is wholly preventable. Typhoid fever is found only in man. It is caused by a short rod shaped microscopic vegetable which enters the body through the mouth and leaves it in human discharges to enter another human mouth, to which it is carried by fingers, flies, fluids and food. It is essentially a disease of young adult life. Older people are less apt to have it, probably because they have suffered from an attack of the disease in their youth. Typhoid fever is known by various names—"slow fever," "low fever"—but, whatever name it is called by, it kills about 8 per cent of those whom it attacks. A certain percentage of those who recover become carriers—that is, persons who, though well, secrete the organisms in their discharges. Carriers are largely responsible for the perpetuation of typhoid fever, but the installation of proper sewer systems, the abolition of flies, cockroaches and other filth insects, the maintenance of a pure food supply and the intelligent care of the victim of the disease are the measures which if rigidly enforced will rid the country of the disease.

LIKE INVERTED RAIN.

Luckily For the Aviator, He Was Out of Range of the Drops. It will be easily understood, writes C. G. Grey in "Tales of the Flying Service," that before a bullet that has been shot straight upward begins to fall there must be a point where it stands dead still and that for the last part of its upward flight it travels very slowly. One officer of my acquaintance told me, after some months of war, that his most curious experience was when once, and once only, he discovered the exact extreme range point. He was flying along quite peacefully on a bright, sunny morning at an altitude of a little over 8,000 feet, without worrying about anything, when suddenly he saw something bright dart past the side of the machine. He began to look about him and saw, a shade below him and a trifle to one side, a whole stream of little bright things glittering in the sun. Then he realized that he had just struck a level that happened to be the extreme vertical range of a machine gun that was making uncommonly good shooting. Other bullets from rifles and other machine guns also flashed into view as he flew along, and when his eyes caught the right focus he could follow the slow, topmost part of their movement for a considerable distance. "It looked," he said, "just as if it were raining upward," and the phenomenon was so novel that he quite forgot for a time that the "raindrops" indicated that he was unpopular with some one below.

Bomb Dropping Balloons.

The first bomb dropping balloons were humble enough and equally futile. Balloons had been used in war as early as the siege of Maubeuge by the Austrians for observation purposes. The first talk of bomb dropping was in 1812, when the Russians were said to have a huge balloon for that purpose, but nothing was done with it. In 1847, however, the Austrians, when attacking Venice, sent up paper fire balloons, which were to drop bombs into the town. But they forgot to allow for contrary air currents. The balloons got into such a current and, drifting back over the Austrian lines, bombed them instead of Venice.

Webster's Portrait.

Daniel Webster once sat for his portrait to G. P. Healy, and the senator's remark when he surveyed the completed picture became one of the artist's favorite anecdotes in after years. "I think," said Webster as he looked at his counterfeit presentment, "that is a face I have often shaved." Healy found Andrew Jackson a disagreeable and unwilling "subject," and he compensated himself by painting Old Hickory with absolute fidelity to nature, not glossing a single defect. The portrait gives Jackson an ugly, savage and pallid face.

The Ship of State.

Sir Wilfrid Laurier once took a fall out of Sir Charles Tupper, for years leader of the opposition, and Sir John Macdonald. Bantering them on their self praise for their own political services to Canada, he admitted that they had sailed the ship of state fairly successfully, adding: "Sir John was at the helm and supplied the brains, while Sir Charles supplied the wind. His blowing filled the sails."

Embarrassing.

"Do you ever see the president?" asked Willie of his uncle, who lived in Washington. "Yes, nearly every day," was the reply. "And does he ever see you?" queried the little fellow.

Size of It.

"Send me a ton of coal." "What size?" "Well, a 2,000 pound ton would suit me, if that's not asking too much."—Life.

Sympathy.

The drying up of a single tear has more of honest fame than shedding seas of gore.

Greenbush

Mr. Norris Loverin and family have moved to Greenbush to spend the winter with Mr Loverin's mother. Mr. Ernest Neddo has moved to the Loverin farm having leased it for a number of years.

Mr. John Hanna has returned from Saskatchewan where he has spent the past year in business. He expects to return to the West in the spring.

Our school reopened on the 3rd with Miss Mabel Smith as teacher. Mr. E. Jackson, of Cabri, Sask., is renewing old acquaintances in this section after a sojourn of several years in the Canadian West.

Mr. and Mrs. Geo. B. Olds, of Glen Ewen, Sask., are visiting their daughter, Mrs. N. Loverin. Mr. and Mrs. Alex. Forsythe of North Augusta, spent Sunday at the home of his brother.

On Jan. 1st at St. Vincent de Paul Hospital, Brockville, an old and respected resident of Greenbush passed away in the person of Mrs. Sarah Blanchard. She leaves to mourn her loss one son, Howard, of New York, Mrs. Lina Blanchard, Addison, Mrs. Geo. Cannon, Frankville, and Mrs. W. Tackberry, of Rockspring.

The Women's Patriotic League, of Greenbush has had a successful year. The income has been \$170, which has been used in buying material for Red Cross work and in donations to the Ottawa Red Cross Society.

During the year the following articles have been made by the society: 6 1/2 doz. hospital shirts, 9 doz. pyjamas, 12 pairs shoes, 2 doz. sheets, 40 pairs socks, 6 doz. pillow slips, 1 doz. binders, 2 comfortees, 50 bandages, 40 personal property bags.

Westport Soldier Discharged. Private J. E. Snider, 220416, formerly of the 80th Battalion, and latterly of the Special Service Company at Kingston, has been granted his discharge. He was returned to Canada as being under age. His home is in Westport.

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