

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 Rabbit—Melt a tablespoonful of butter in a chafin dish. When well heated add a tablespoonful of Mexican pepper pulp, a half-teaspoonful of mustard and half a teaspoonful of 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 it 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 cutter or sharp knife cut it into square biscuits about half the size of an ordinary soda cracker. Place in a baking pan and bake in a slow oven for from 30 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 drain off 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.

Fish Chowder—Brown one cup of finely minced salt 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.

HUNT FOR BIG GAME. Woman Braves Dangers of Lower California in Search for Big Horn Sheep. Mr. and Mrs. Howard S. Reed, in their recent two months' trip in Lower California shot more big horn sheep than ever before were secured by one hunting party, and this means much for the successful stalking of sheep on the peninsula is regarded as one of the most difficult of accomplishments. The Reeds' nineteen victims were not only excellent specimens but included big horns of all ages.

Mr. and Mrs. Reed, who were accompanied by Elbridge D. Rand, went down the west coast in a schooner and landed at a village not far from Magdalena Bay. They had three guides and packers, a pack train of eight mules and three more animals on which they rode. The Reeds gradually worked their way 150 miles inland, reaching a region seldom invaded by white sportsmen.

The scarcity of water was a very serious matter. It had sometimes to be packed for thirty miles and was of good quality. The water holes when found proved to be more or less contaminated. The country is as wild and rocky as parts of Wyoming. Before the trip was made nearly all the footwear was torn to pieces. It was almost impossible to keep shoes on the mules.

Unquestionably the success of the on the recent trip for big horn sheep was due to the fact that Mr. Reed has been a close student of sheep in every range from northern Alaska to the point furthest south where they are to be found.

The big horn sheep, like the antelope, is growing very rare, and even in Lower California it takes the ingenuity of a hunter to get a shot at one. Mr. Reed was anxious to secure specimens of all ages for preservation in some museum. Every animal shot was carefully measured, samples of skins or other food on which it may have been feeding gathered, and a photograph taken. For the establishment of a museum of natural history in California Mr. Reed has contributed money as well as his personal efforts, and his hope will probably be realized in the near future.

Mrs. Reed has often taken her life in her hands. She can skin and preserve her game like a professional, knows woodcraft thoroughly and is a dead shot with the rifle. Fatigue seems unknown to her. She and her husband are in perfect harmony in their love of the wilds. When in the field she wears a short khaki skirt, flannel shirt, khaki hat and elkskin shoes and leggings. In Alaska she carried a .405 Winchester and in the south a .357 Remington, the weapon that shoots through steel.

nia. She bagged two sheep, one fine ewe and a ram. She also did her own skinning, and the old Indian guide did a war dance when he saw her skill with the hunting knife. The ewe killed had a lamb, and this the hunters decided to raise.

The killing of a famous ram was one of the exciting incidents of the trip. Mr. Reed had heard stories of the monster, and wished eagerly for a shot. For years big game hunters had chased it in vain. Some had even come over from England, lured by romantic tales of the gigantic sheep, but until Mr. Reed's arrival it had escaped leaden pills. The monarch of the peninsula led a solitary life, keeping apart from the herd and generally taking up a position on some almost inaccessible crag, where he could see approaching enemies.

The Reeds followed the trail eagerly, but it was a week or more before their opportunity came. Near sundown the big ram was seen on a distant crag, silhouetted against the glowing skies. He had already seen the hunting party, and evidently was curious about the mules.

Leaving his companions, Mr. Reed began crawling on his hands and knees toward the animal, and when within seventy-five yards fired straight and true for the sheep's shoulder. The horns measured 17 1/2 inches at the base.—Los Angeles Times.

HOBGOBLINS IN A MAINE HOUSE. Deputy Sheriff and a Crowd Called Out to Solve the Mystery. They are having quite exciting times at the home of Elmer Dare, in Harmony, about two miles from here.

June 9 the place was visited by spirits, hobgoblins or some other obnoxious unearthly creatures. The family was awakened in the night by crier and vulgar barrels being rolled over in the cellar, doors slamming, chairs tipped over and other noises too numerous to mention.

The neighbors were called in by telephone and watched all night, but failed to locate the cause of the disturbance. The next three nights the same mysterious doings were repeated, and several windows were broken. Although there was a bright moon and several men watched the place, they failed to discover any cause for the unusual commotion.

We have not heard the result of Saturday night, but a crowd, with the deputy sheriff for a leader, were fully reposed to solve the mystery if possible. It may be a case like what we heard at Union several years ago, when a certain young lady endeavored to persuade her father to buy her an organ by getting old Uncle Ben Robbins to play ghost.—Athens correspondence Rockland Opinion.

Instruct the Children. A Rockford merchant who deals in fireworks and who is familiar with the deadly records of the Fourth resulting from the use of various kinds of explosives submits the following suggestions, which, if followed, would, he thinks, mitigate the horrors of the day.

"Parents should have a box or an old chair or an elevated board for the children to lay their fireworks on so they will not have to stoop and have their eyes over the fireworks to be shot off."

"Do not hold any piece of fireworks in the hands. There is always a possible danger. Get an old pan and fill it with sand and stick all Roman candles and penny fireworks into the sand to prevent firing over."

"Instruct the children never to pick up a firecracker after once lighting."

"Don't shoot fireworks known as serpents or chasers; they are dangerous; you don't know where they will go."

Fate of Alaskan Fur Seal Herds. "The Alaskan fur seal herd is being rapidly exterminated by pelagic sealing vessels, mainly Canadian," said Professor David Starr Jordan.

Italy Recruiting in Africa. I was surprised the other day when I dropped into the office of G. P. Baccelli, the Italian consul, all the recruiting applications from young Italians who desire to join the army of their native land.

Rhinoceros Blood a Cure-All. The blood of the rhinoceros is very highly esteemed by Burmese and Chinese, as a medicine for all kinds of ailments.

Found a Bargain. "Uncle Job, what is a Missouri meerschaum?" "It's a corned pipe. Why?" "Er—nothing, only I sent 50 cents for the other day. A fellow was advertising them."

AN HONEST DOCTOR ADVISED PERU-NA.

Mr. Sylvester E. Smith, Room 218, Granite Block, St. Louis, Mo., writes: "Peruna is the best friend a sick man can have."

"A few months ago I came here in a wretched condition. Exposure and dampness had ruined my once robust health. I had catarrhal affections of the bronchial tubes, and for a time there was a doubt as to my recovery."

"My good honest old doctor advised me to take Peruna, which I did and in a short time my health began to improve rapidly, the bronchial trouble gradually disappeared, and in three months my health was fully restored."

"Accept a grateful man's thanks for his restoration to perfect health."

Pe-ru-na for His Patients. A. W. Perrin, M. D. S., 980 Halsey street, Brooklyn, N. Y., says: "I am using your Peruna myself, and am recommending it to my patients in all cases of catarrh, and find it to be more than you represent. Peruna can be had now of all druggists in this section. At the time I began using it, it was unknown."

Muskrats Attack Picnic Party. A picnic was broken up by large rats yesterday at Lafayette park on the Schuylkill. The nineteen young lady members of the club with their escorts landed on the island in the morning. All went well until the afternoon, when swarms of muskrats began to appear and soon every table held groups of frightened girls.

Miss Gertrude Barnett, Miss Alice Wirt and Miss Sara Hilson were all bitten by the rats. The picnicers finally escaped by boat. From the Philadelphia Press.

BETTER THAN SPANKING. Spanking does not cure children of bed-wetting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box W. 8, Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money, but write her to-day if your children trouble you in this way. Don't blame the child, the chances are it can't help it. This treatment also cures adults and aged people troubled with urine difficulties by day or night.

KILL THE FLIES! They are dangerous. They carry death in many instances. They come to the kitchen bearing filth. They force their way into the very sick-room. They delight in filth, as well as fresh table supplies.

Adventurous Life in India. Tram travelling in Calcutta evidently calls for special training of the nervous system. A correspondent gives details of three mishaps which he observed during the space of a few hours.

An Offer to Illustrate. "What do you use the whip for, mister?" asked the street urchin of the motor cab chauffeur.

After suffering eight years, this woman was restored to health by Lydia E. Pinkham's Vegetable Compound. Read her letter.

Mrs. A. D. Trudeau, Amprion, Ontario, writes to Mrs. Pinkham: "I suffered terribly from ulceration of the feminine organs for eight years. I tried four doctors but got no relief, and thought I would have to die."

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? Don't hesitate to write to Mrs. Pinkham if you need advice about your sickness. She will treat your letter in confidence and advise you free. Because of her vast experience she has helped thousands. Address, Lynn, Mass.

BIG LOAD OF OYSTER SHELLS.

Use to Which it is Proposed to Put a Shipment of 30,000 Bushels. The barge H. W. Conklin, of New London, Capt. Law, carried the largest cargo of oyster shells ever taken from this harbor when she sailed on Sunday.

There were about 30,000 bushels of shells in the cargo, representing 30,000 gallons of oysters. The usual barge shipment of shells from this port is between 10,000 and 15,000 bushels, although the largest previous cargo was 23,000 bushels. The shells are to be used in covering oyster beds in New Haven.

They are put on the beds in preparation for the spawning season, which is close at hand. Oyster spawn, unlike other fish spawn, is a creamy substance which rises to the surface of the water and after floating about in the form of foam sinks to the bottom and adheres to whatever hard substance it comes in contact with.

7 SUTHERLAND SISTERS SCALP CLEANER. In the only Dandruff Cure! For shampooing it has no equal. Sold by all druggists; 50c. or sent postpaid from the Seven Sutherland Sisters, 171 King Street, Toronto, on receipt of price.

Queer Virginia Oysters. But sure enough, did you know there were some oysters, and Virginia oysters at that, which cannot live always under sheets of water? The seaside oyster does not grow in deep water, say over ten feet, and the most and best of them grow in water that is only a few feet deep.

Minard's Liniment Cures Diphtheria. Their delight in filth, as well as fresh table supplies. They bring yet more microbes to the sick and suffering.

"BOBS." (Lord Roberts will attend the Quebec tercentenary celebration.) There's a little red-faced man, Rides the trolley, who is Bob.

The New York American of Dec. 18th, 1907, says the common house fly is one of the greatest enemies of man. It is a solemn scientific fact that the house fly is one of the worst disseminators of disease known.

Indian Engineer. A descendant of Tama's band of Musquaque Indians is now the engineer of a fast passenger train on the Burlington road.

All Druggists, Grocers and general stores sell Wilson's Fly Pads.

Original Conversations. One of 'em goes like this: "Yes, sir, that dog can do anything but talk."

The Girl Graduate. Did you ever have a girl graduate from the high school out of your family? If so, you know what it is, but if you have not you have missed about all that is worth anything in life.

A Grammatical Exception. The Teacher of Elocution—Do you mean to say that you said "no" to Mr. Super teacher?

Always, EVERYWHERE IN CANADA, ASK FOR EDDY'S MATCHES

10c. The latest success. Black Watch The big black plug chewing tobacco.

LOCOMOTIVE NESTING PLACES.

Strange Preferences Shown by Birds in Home Making Arrangements. The sparrow which was discovered a few days ago sitting on a nest among the coal of a Great Eastern Company's engine running between St. Margaret's and Buntingford had had several predecessors in her preference for a locomotive nesting place.

Minard's Liniment Cures Garget in Cows. It is doubtful whether there could be gotten together a body of men more specially fitted to investigate municipal lighting than the six who were selected by the Civic League of St. Louis.

Ownership Fraud. It is doubtful whether there could be gotten together a body of men more specially fitted to investigate municipal lighting than the six who were selected by the Civic League of St. Louis.

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HOW TO SUBDUCE A ROOSTER.

Export Says It Can Be Done by Boosting Him High. Rubber tires for trolley cars, muzzles for crowing roosters and mufflers for automobile horns were discussed at the meeting of the Montclair town council last night, when a long petition from Victor S. Mulford, Frederick S. Gege, Mrs. Catherine Temple, W. L. Oliphant and 16 other residents of the crescent and South Mountain avenue, asking that the noisy roosters, ducks and geese of the town be suppressed, was presented, says the New York Times.

The petition cited in strict legal phrases that the fowls constituted a serious nuisance by reason of their crowing and crackling between the hours of midnight and 6 a. m.

"I have banished roosters from my henery," said Town Clerk Trippett, "because the neighbors complained about their crowing."

Chief of Police Harry Gallagher received a communication from a man at Beverly, Mass., who wishes to aid the anti-noise crusade. He told the chief that a sure way to stop the roosters from crowing is to place them on roosts too high to allow them to stand upright in their coops. He says that roosters cannot crow when compelled to stand in a crouching position.

The source of all intestinal troubles is the common house fly; his buzz is the first symptom of typhoid. Wilson's Fly Pad is the only thing that kills them all.

Local Option in Norway. The cause of temperance is working great headway in Norway. We have adopted the local option policy, with excellent results," said P. Anesson, a manufacturer of white paper, from Skien, Norway.

Whenever the people of a certain district or county wish to abolish drinking houses an election is held, at which all adult males in that territory are supposed to vote. If any are absent their votes are counted for prohibition.

Another election cannot be held until after five years, and it is very seldom that a vote is ever taken when a community once goes against license. Another thing that has made national sobriety is regulation in many places, that liquor cannot be bought except by the bottle, and requiring the purchaser to take the bottle to his home before using any of its contents.—Baltimore American.

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