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CAMPBELL'S Calendar Cook Book

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PUBLISHED BY

D. E. CAMPBELL

Family Chemist

Cor. Fort and Douglas Sts. . . . VICTORIA, B.C.

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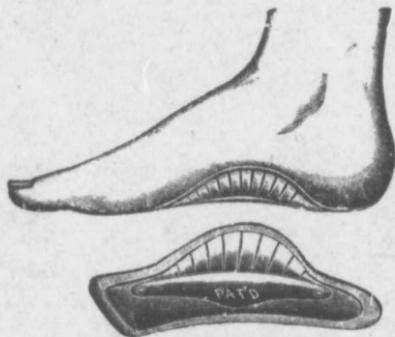
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Cor. Fort and Douglas Sts.

VICTORIA, B.C.

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CAMPBELL'S
CASCARA and DANDELION
TABLETS



SEE HAPPY SMILE NEXT PAGE

:: FOR ::

BILIOUSNESS
SICK HEADACHE
CONSTIPATION
DIZZINESS
AND ALL LIVER COMPLAINTS



Act on the Liver

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CASCARA DANDELION
TABLETS

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BILIOUSNESS,
SICK HEADACHE,
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D. E. CAMPBELL

FAMILY
 CHEMIST

VICTORIA, B.C.

ECLIPSES, 1910

In the year 1910 there will be four Eclipses, two of the Sun and two of the Moon.

- I.—A Total Eclipse of the Sun, May 9, visible to Australia and adjacent Oceans.
- II.—A Total Eclipse of the Moon, May 23-24, the beginning visible generally in the central and western portions of Africa, Southwest Europe, South America, North America, excepting Alaska, and the southern Pacific Ocean; the ending visible generally in South America, North America, excepting Alaska, and the central and southern Pacific Ocean. First contact of Shadow, 84 degrees from the north point of the Moon's limb toward the East. Magnitude of Eclipse=1.099 (Moon's diameter=1.0).
- III.—A Partial Eclipse of the Moon, November 1-2, visible to the greater part of Alaska, the northeastern portion of Asia, and the northern Pacific Ocean.
- IV.—A Total Eclipse of the Moon, November 16, the beginning visible generally in Africa, Europe, Central and Western Asia, South America and Eastern North America, the ending visible generally in Africa, Europe, Western Asia, North and South America. First contact of Shadow, 93 degrees from the north point of the Moon's limb toward the East. Magnitude of Eclipse=1.131 (Moon's diameter=1.0).

Aries, ♈ Head.

Gemini,
Arms. ♊

Leo,
Heart. ♌

Libra,
Reins. ♎

Sagittarius,
Thighs. ♐

Aquarius,
Legs. ♒



Taurus,
Neck. ♉

Cancer,
Breast. ♋

Virgo,
Bowels. ♍

Scorpio,
Loins. ♏

Capricornus,
Knees. ♑

Pisces, ♓ Feet.

MORNING AND EVENING STARS, 1910

MERCURY will be Evening Star about January 10, May 2, August 30, and December 24 and Morning Star about February 19, June 19 and October 11.

VENUS will be Evening Star till February 12; then Morning Star till November 26; and then Evening Star again the rest of the year.

JUPITER will be Morning Star till March 31; then Evening Star till October 18 and then Morning Star again the rest of the year.

CHRONOLOGICAL CYCLES, 1910

Dominal Letter.....	B.	Solar Cycle.....	15
Epact.....	19	Roman Indiction.....	8
Lunar Cycle or Golden Number.....	11	Julian Period.....	6623

NOTE.—Although the times of rising and setting of the Sun and Moon in this Almanac are calculated for VICTORIA, B. C., in meantime, the Standard Times at places, not differing very much in latitude, may be approximated from them by subtracting 4 minutes for every degree of longitude the place is East of the Standard Meridian, and adding 4 minutes for every degree West of the same.

CAKES, ETC.

ROLL JELLY CAKE

1 cup sugar. 3 eggs.
1 cup flour. 1 teaspoonful CAMP-
BELL'S Baking Powder.

Bake in a shallow pan, spread with
currant jelly and roll while warm.

FIG CAKE

One cup sugar, half cup butter, two-
thirds cup sweet milk, two eggs, two
teaspoonfuls CAMPBELL'S Baking
Powder, two and a half cups flour.

Cream the butter and sugar, add the
beaten eggs, the milk and the flour
sifted with the baking powder. Take
out one-third of this and stir in it eight
figs chopped fine. Bake in three layers,
one with the figs and two white. Put
these cakes together with boiled frost-
ing, having the layer with the figs in
the middle.

BANANA CAKE

One cup sugar, half cup butter, one
cup sweet milk, one egg, three cups
flour, two large teaspoonfuls CAMP-
BELL'S Baking Powder.

Bake in jelly tins. For the filling
use boiled frosting with the juice of
half a lemon in it; spread a little on
one layer of the cake, then put thin
slices of banana on the frosting, then
another layer of cake with frosting and
banana, and so on, covering the top
with frosting only.

SNOW BALLS

One cup flour, teaspoonful of CAMP-
BELL'S Baking Powder, half teaspoon-
ful salt, half tablespoonful butter; half
tablespoonful lard, milk or water
enough to make a soft batter (about
half cup); sift together flour, baking
powder and salt, then rub in lard and
butter, then add milk and mix; drop in
buttered moulds and steam half an
hour; serve with a fruit sauce.

CAMPBELL'S

Magic Corn Cure

This new, wonderful discovery
removes Corns, Bunions or Cal-
loused skin without pain. A
coating of the varnish protects
the corn from friction, eases the
pain and painlessly eases it away.

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It will Pay You to
Deal at Campbell's



CAMPBELL'S

CASCARA AND DANDELION TABLETS

For Bilioussness, Sick Headache,
Dizziness, Constipation and Liver
Complaint.

25c. a Box by Mail

D. E. CAMPBELL
FAMILY CHEMIST

Cor. Fort and Douglas Sts. - Victoria, B. C.

1st Month,

JANUARY, 1910.

31 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellation	VICTORIA, B. C.			Moon's Phases	ST. JOHN'S	TORONTO	WINNIPEG	VICTORIA
				Sun Rises.	Sun Sets.	Moon Rises.					
1	SAT.	New Year's Day.		h. m.	h. m.	h. m.					
2	Sun.	General Wolfe born, 1727		7 53	4 14	10 47					
3	MON.	Battle of Princeton, 1777	☾	7 53	4 15	11 52					
4	TUES.	Columbus Landed, 1492		7 53	4 16	morn	D.				
5	WED.	Canton Bombarded, '57 <i>sharp frost</i>		7 53	4 18	2 3	H.				
6	THUR.	Epiphany		7 53	4 19	3 9	M.				
7	FRI.	Siberia Colonized, 1822		7 52	4 20	4 18	M.				
8	SAT.	Battle of New Orleans 1815		7 52	4 22	5 26	M.				
9	Sun.	Lord Nelson bur. St. P's '06		7 51	4 23	6 34	M.				
10	MON.	Dr. Harper, died, '06		7 51	4 24	7 36	D.				
11	TUES.	Banwell cap., Jamaica, '06	☉	7 50	4 25	sets	D.				
12	WED.	Lord Balfour born, 1849 <i>rain</i>		7 50	4 27	5 52	H.				
13	THUR.	Satoli, ap'st'lic d'gate, '03		7 49	4 28	7 9	H.				
14	FRI.	Earthquake, Kingston '07		7 49	4 30	8 29	M.				
15	SAT.	British Museum opened 1759		7 48	4 31	9 47	M.				
16	Sun.	M. Field, Mill. Merch., d. '06		7 47	4 32	11 7	M.				
17	MON.	M. Fallieres, Pres. F., '06		7 46	4 34	morn	M.				
18	TUES.	Battle of Frenchtown, '13	☾	7 46	4 35	0 26	D.				
19	WED.	Gen. Mercer killed, 1777		7 45	4 37	1 46	H.				
20	THUR.	H. Kong c'd'd to Br. '40 <i>keen frost</i>		7 44	4 38	3 8	M.				
21	FRI.	Queen Victoria d, '01		7 43	4 40	4 27	M.				
22	SAT.	Access. of King Ed. VII '01		7 42	4 41	5 41	M.				
23	Sun.	British Troops to Canada, '61		7 41	4 43	6 46	M.				
24	MON.	Edward VII procl. K., '10	☾	7 40	4 44	7 40	D.				
25	TUES.	Str. Republic disaster, '09		7 39	4 46	rises	D.				
26	WED.	Gen. Gordon killed, 1885		7 38	4 48	6 12	H.				
27	THUR.	German Emperor b. 1859 <i>st'y</i>		7 37	4 49	7 23	H.				
28	FRI.	Victoria + instituted, 1856		7 35	4 51	8 31	M.				
29	SAT.	Christian IX, Denmark, died		7 34	4 52	9 38	M.				
30	Sun.	Frederick VII. pr'cl'ed King		7 33	4 54	10 44	M.				
31	MON.	Mr. Tim. Eaton d. '07, 71st yr.		7 32	4 56	11 49	M.				

Practical Breaks

George—Hello, Bill! You have your mouth open.
Bill—Yes, I know. I opened it myself.

G—Do you know money talks? It spoke to me once.
B—What did it say?
G—Good-bye.

G—Why are the highest leaves on a tree like a dog's tail?
B—Because they are the farthest from the bark.

G.—Did you ever read "Ten Nights in a Bar-room?"

B—No, but I have been in ten bar-rooms in a night.

G—I want to ask you a question. Do you drink?
B—Well, before I answer I would like to ask you another one. Is this an invitation or merely an inquiry for information?

G—Will you lend me a dollar?
B—There is just one thing more impossible.
G—What is that?
B—To get it back.

G—Why do old maids wear silk gloves?
B—Because they don't like kids.

CAKES, ETC.

DOUGHNUTS

One cup sugar, one cup sour milk, two eggs, one teaspoonful soda, a pinch of salt, three tablespoonfuls melted butter.

Beat the eggs, then add the sugar, and beat until very light; then out in the butter and flour enough to make a soft dough. Roll out thin, cut with a doughnut cutter and fry in hot lard.

APPLE FILLING

One cup of sugar, three apples grated, one lemon, juice and outside of rind; beat together and cook till quite thick. To be cooled before spreading on cake.

BISCUITS

Sift two teaspoonfuls of CAMPBELL'S Baking Powder with two cups of flour, work in this one tablespoonful of butter, make into a soft dough by stirring in milk or water. Roll dough out into a sheet and cut into shape with a biscuit cutter. It will make eight biscuits. Bake in a quick oven.

CORN MUFFINS

One and a half cups flour, half cup cornmeal, half cup sugar, half cup butter, two eggs, one cup milk, three teaspoonfuls of CAMPBELL'S Baking Powder.

SCOTCH POTATO SCONES

One and a half cups flour, one egg, one-third cup butter, one cup mashed potatoes, two teaspoonfuls of CAMPBELL'S Baking Powder, half teaspoonful salt; milk to mix. Sift flour, salt and baking powder together; add potato and rub in butter lightly. Mix to a soft dough with the egg and as much milk as may be necessary; divide into three portions; roll into rounds half inch thick and cut each across into four; bake in a quick oven; split, butter and serve.

Comtesse Face Powder

DELICATE AND HARMLESS

This Cosmetic is entirely free from all irritants. Its properties are soothing and emollient producing an ideal complexion. A most desirable application for gentlemen after shaving. It is a combination of harmless substances, prepared in such a skillful manner as to produce the most gratifying results. It adheres smoothly to the skin and gives to it the velvety softness of bloom and youth. Warranted absolutely free from lead, arsenic and other poisonous substances which enter into the composition of all cheap preparations.

50c. a Box

CAMPBELL'S

GRIPPE TABLETS

QUICK CURE FOR

GRIPPE, COUGHS, COLDS, ETC.

Price 25c a Box by Mail

D. E. CAMPBELL

FAMILY CHEMIST

Cor. Fort and Douglas Sts., Victoria, B. C.

2nd Month.

FEBRUARY, 1910.

28 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellation	VICTORIA, B. C.			Moon's Phases		ST. JOHN'S	TORONTO	WINNIPEG	VICTORIA
				Sun Rises	Sun Sets	Moon Rises	Full Moon...	New Moon...				
1	TUES.	Great Quebec Fire, 1854	♌	h. m. 7 30	h. m. 4 57	h. m. 6 30						
2	WED.	<i>Purification</i>	♌	7 29	4 59	morn 0 53	D.					
3	THUR.	Greece declared free, 1830	♌	7 27	5 0	2 1	H.					
4	FRI.	Lady Grenfell died, '07 <i>stormy</i>	♌	7 26	5 2	3 10	M.					
5	SAT.	Thos. Carlyle died, 1881	♌	7 25	5 4	4 17	M.					
6	Sun.	<i>Quinquagesima</i>	♌	7 23	5 5	5 21	M.					
7	MON.	Baltimore Fire, '04, \$70,000,000	♌	7 22	5 7	6 17	a. m.					
8	TUES.	Pope Pius IX died, '78	♌	7 20	5 8	7 6	D.					
9	WED.	<i>Ash Wednesday</i>	♌	7 19	5 10	sets						
10	THUR.	Russia declares war, 1904	♌	7 17	5 12	6 8	H.					
11	FRI.	Japan " " 1904	♌	7 15	5 13	7 30	M.					
12	SAT.	Battlesh's coll. of Portugal, '07	♌	7 14	5 15	8 52	M.					
13	Sun.	New B. H. of C. as'd, '06 <i>fair</i>	♌	7 12	5 16	10 14	M.					
14	MON.	<i>St. Valentine's Day and frosty</i>	♌	7 10	5 18	11 36	m.					
15	TUES.	Kimberley relieved, 1900	♌	7 8	5 20	morn						
16	WED.	Jesuit Fathers' Mis'n, '02	♌	7 7	5 21	0 58	D.					
17	THUR.	Steamers coll. off Cardiff, '07	♌	7 5	5 23	2 18	H.					
18	FRI.	Battle of Paardeberg, 1900	♌	7 4	5 24	3 32	M.					
19	SAT.	Gr. Toronto fire, '04 <i>change-</i>	♌	7 2	5 26	4 39	M.					
20	Sun.	Wreck of Str. Berlin, '07 <i>able</i>	♌	7 0	5 28	5 35	M.					
21	MON.	Ogdensburg taken, 1813	♌	6 58	5 29	6 19	a. m.					
22	TUES.	Geo. Washington b. 1732	♌	6 57	5 31	6 51	D.					
23	WED.	1st Transvaal Ministry, '07	♌	6 55	5 32	rises						
24	THUR.	John Keat, poet, b, '21 <i>fair</i>	♌	6 53	5 34	6 17	H.					
25	FRI.	Battle of Trenton, '76 <i>and</i>	♌	6 51	5 36	7 23	M.					
26	SAT.	R. R. Livingstone died, '13 <i>cold</i>	♌	6 49	5 37	8 29	M.					
27	Sun.	Gen. Cronje surrenders, 1900	♌	6 47	5 39	9 35	M.					
28	MON.	Ladysmith relieved, 1900	♌	6 45	5 40	10 41	a.					

G—Why do you look so sad, Bill ?
 B—Well, you would look sad too if you realized the trouble there is in the world. I saw by the paper that a person dies every time I draw a breath.
 G—Well, why don't you eat cloves ?
 G—I thought you told me you were not going to drink any more. I see you are drinking just as much as ever.
 B—Well, that is not any more.
 G—Does your wife ever send for you when you stay out late ?
 B—No, she waits until I come home, then she goes for me.
 G—Do you know what a planet is ? This earth we live on is a planet.
 B—Well, my father-in-law is a planet. My wife and I live on him.

G—I make all my money in the mining business.
 B—What kind of mining ?
 G—Cald-mining.
 G—Do you know the east end of a dog ? from the west end ?
 B—I know there is neither an east or a west end to a dog.
 G—Well, I read in the paper the other night that a dog was shot in the east end.
 G—Why did the salt shaker ?
 B—Because he saw the spoon holder.
 G—Your hair will be white if it keeps on.
 B—Well, if it keeps on I don't care.
 G—That's a fine complexion you have.
 B—What would you give to have it ?
 G—What did you give ?

CAKES, ETC.

OATMEAL TRILBYS

½ cup sugar; ½ cup lard; ½ cup butter; ½ cup sour milk; ¼ teaspoon salt; ½ teaspoon soda; 1 teaspoon CAMPBELL'S Baking Powder.

Cream sugar and shortening and add milk and salt. Sift two cups flour, soda and baking powder into two cups oatmeal. Add sugar and shortening. Roll thin, cut and spread dates between.

DATE FILLING

One pound of dates stoned. Boll with a little water and one-half cup sugar to a thick paste.

MARBLE CAKE

WHITE PART

Quarter cup butter, three-quarters cup sugar, quarter cup sweet milk, one cup flour, whites of two eggs, one teaspoonful CAMPBELL'S Baking Powder.

DARK PART

Quarter cup butter, half cup sugar, quarter cup molasses, quarter cup sweet milk, one and a quarter cups flour, yolks of two eggs, one large teaspoonful of CAMPBELL'S Baking Powder, half teaspoonful each of cloves, cinnamon, nutmeg and mace.

Mix the two parts separately, beat until very light, then put in a baking pan a spoonful at a time, taking pains to have the light and dark alternate. This cake will keep a long time.

HERMITS

Two cups of sugar, one of butter, one of raisins (stoned and chopped), three eggs, ½ a teaspoon of soda, dissolved in three tablespoons of milk; a nutmeg, one teaspoon each of cloves and cinnamon, and six cups of flour. Roll about ¼ of an inch thick, and cut with a round cake cutter. Bake in a rather quick oven. It will take about twelve minutes.

TRY OUR ANTISEPTIC

Tooth Powder

Large Bottle 25c.

Campbell's

English Dandelion

Liver Pills

For all disorders of the Liver, etc.

25c. a Box

Jaborandi Hair Tonic

WITH QUININE AND BITTER APPLES

This finely perfumed preparation makes the hair grow freely and fast, keeps it from falling out, removes dandruff and itching, arrests and cures greyness, and makes the hair very soft, glossy and beautiful. No other compound possesses the peculiar properties that are so exactly suited to the various conditions of the human hair. It softens the hair when harsh and dry, prevents it from falling off, and promotes its healthy, vigorous growth. It is highly perfumed, and is not sticky or greasy.

Price 50c. a Bottle

D. E. CAMPBELL

FAMILY CHEMIST

VICTORIA

B. C.

3rd Month.

MARCH, 1910.

31 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Con- stellation	VICTORIA, B. C.			Moon's Phases	St. JOHN'S	TORONTO	WINNIPEG	VICTORIA
				Sun Rises	Sun Sets	Moon Rises					
1	TUES.	Pan.-American opened, 1901		h. m.	h. m.	h. m.					
2	WED.	John Wesley died, 1791		6 43	5 42	11 47					
3	THUR.	Dewey made Admiral, '99		6 41	5 44	morn	D.				
4	FRI.	1st American Con., 1798		6 37	5 47	2 1	H.				
5	SAT.	Taft's Inaugural, 1909 <i>snow</i>		6 35	5 48	3 7	M.				
6	Sun.	Toronto Incorporated, 1834		6 33	5 50	4 5	M.				
7	MON.	Queen's Coll., Kingston, '42		6 31	5 52	4 56	M.				
8	TUES.	E. Cochrane, M.P., died, '07		6 29	5 53	5 38	M.				
9	WED.	Arch'p O'Brien, died, 1906		6 27	5 55	6 8	M.				
10	THUR.	Justice Field died, '94		6 25	5 56	sets	D.				
11	FRI.	Sealers' strike, 1902		6 23	5 58	6 27	H.				
12	SAT.	1st London daily paper, 1702		6 21	5 59	7 51	H.				
13	Sun.	Gustavus dethroned, 1809		6 19	6 1	9 15	M.				
14	MON.	L.-G. Jones, N.S. dead <i>stormy</i>		6 17	6 2	10 40	M.				
15	TUES.	1st Ses'n Alberta Leg., '08		6 15	6 4	morn	M.				
16	WED.	Rail'y Act in Denver		6 13	6 5	0 4	a.				
17	THUR.	<i>St. Patrick's Day</i>		6 11	6 7	1 23	D.				
18	FRI.	Compl. Suez Canal, '69		6 9	6 8	2 34	H.				
19	SAT.	Lucknow taken, 1858 <i>cold</i>		6 6	6 10	3 35	M.				
20	Sun.	<i>Palm Sunday</i> <i>high</i>		6 4	6 11	4 21	M.				
21	MON.	Spring begins <i>winds</i>		6 2	6 13	4 57	M.				
22	TUES.	Metric System rejected in Br.		6 0	6 14	5 23	M.				
23	WED.	1st newspaper in B. N. A., 1752		5 58	6 16	5 44	M.				
24	THUR.	Longfellow died 1882		5 56	6 17	6 3	a.				
25	FRI.	<i>Good Friday</i>		5 54	6 19	rises	D.				
26	SAT.	Quebec Savings Bank o'p'd, '21		5 52	6 20	7 25	H.				
27	Sun.	<i>Easter Sunday</i>		5 50	6 22	8 31	M.				
28	MON.	<i>Easter Monday</i> <i>milder</i>		5 48	6 23	9 37	M.				
29	TUES.	Natal Ministry resigns, 1906		5 45	6 25	10 45	M.				
30	WED.	Fredericton incorporated, '48		5 43	6 26	11 51	M.				
31	THUR.	Natal resignation w'dr'n, '06		5 41	6 28	morn	a.				

G—I went into a restaurant the other day and asked for some oysters. Then I hesitated, questioning whether the oysters were good this month. The waiter said "Ours are last month's oysters." I said "How is your milk, is it good?" He said, "Cream is not in it." I went out and made a complaint to the manager against the waiter. He told me it was a whole lot easier to get guests than it was to get waiters.

B—I had an experience in a restaurant the other day. After eating some meat and potatoes, I asked for some ice-cream. When the waiter brought it, it had a hair in it and I told him to take it away and bring me some honey. When the honey came, it also had a hair in it so I asked the waiter to bring

me some plain apple-sauce. He brought me some apple-sauce and would you believe it, there was a hair in it also. Of course I got mad and told the waiter I wanted to see the manager. When the manager came, I told him my troubles and he said, "Well, they shaved the ice for the ice-cream about an hour ago and I can understand the hair being in that. And, of course, there might easily be a hair in the honey because it came right from the comb, but, as for the apple-sauce, I cannot account for that at all because I know those apples were Baldwins.

G—Why is a bumble-bee like a counterfeit dollar?
B—Because it is a humbug.

CAKES, ETC.**CHOCOLATE CAKE**

1 cup sugar; 1-3 cup butter; $\frac{1}{2}$ cup chocolate; $\frac{1}{4}$ cup sweet milk; 1 level teaspoon soda ; 2 cups flour ; 2 eggs.

Cream butter and sugar, add melted chocolate and cream with sugar and butter. Add milk, soda, one cup flour and the yolks of eggs well beaten, and then the other cup of flour and the whites of eggs well beaten. Bake in layers.

CREAM FILLING

2-3 cup of milk and yolk of one egg well beaten. A pinch of salt and sugar to taste. Vanilla flavoring. Let come to a boil and thicken with corn starch.

WHITE FRUIT CAKE

1 cup butter; $\frac{1}{2}$ wineglass wine or milk; 2 cups sugar; 3 teaspoons CAMPBELL'S Baking Powder; 3 cups flour; $\frac{1}{4}$ lb. citron; whites of 8 eggs; $\frac{1}{2}$ lb. almonds; 1 cup chopped coconut.

Sift flour and baking powder twice, beat butter to cream, beat in sugar and milk; beat eggs to stiff froth, stir in butter and sugar alternately with flour and fruit which has been slightly floured. Bake 'n moderately hot oven in two loaves about forty minutes.

RAISIN COOKIES

1 $\frac{1}{2}$ cups sugar; 1 cup butter; 1 egg; 2 cups raisins, chopped fine; 1 teaspoon soda; $\frac{1}{2}$ cup sour cream or milk; a little nutmeg; just enough flour to roll.

DATE COOKIES

2 cups rolled oats; 2 $\frac{1}{2}$ cups flour; 1 cup brown sugar; $\frac{1}{2}$ cup butter; $\frac{1}{2}$ cup lard; $\frac{1}{2}$ cup milk; 1 teaspoon CAMPBELL'S Baking Powder. Roll, bake and put mixture between.

MIXTURE

1 lb. dates; 1 cup brown sugar; 1 cup hot water. Cook well. When cool put between cookies.

CAMPBELL'S MANGE CURE

NON-POISONOUS

Leaves the Hair Nice and Glossy

A lotion made with a tablespoonful of this liquid to a quart of water will effectively destroy fleas and other vermin on animals.

50c. a Bottle

WHITE SKIN AND RICH BLOOD

The King of Blood Tonics

Iron Blood Pills

WITH ARSENIC

Cure Anæmia, Nervous Diseases, Headache, Paralysis, Rheumatism, Sciatica, Palpitation of the Heart, Make and Purify the Blood, all Female Weaknesses, Suppressions of the Periods, Pale and Sallow Complexion, all Diseases arising from Mental Worry, Over-work, Excess, Early Decay, Etc.

25c. a Box

D. E. CAMPBELL

FAMILY CHEMIST

VICTORIA

B.C.

4th Month.

APRIL, 1910.

30 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellation	VICTORIA, B. C.			Moon's Phases	ST. JOHN'S	TORONTO	WINNIPEG	VICTORIA
				Sun Rises	Sun Sets	Moon Rises					
1	FRI.	All Fool's Day	♈	h. m.	h. m.	h. m.					
2	SAT.	New cr't'r in Vesuvius, '06	♈	5 39	6 29	0 56					
3	Sun.	Low Sunday <i>showery</i>	♈	5 37	6 31	1 57					
4	MON.	Earthquake in Lahome '06	♈	5 35	6 32	2 50					
5	TUES.	Battle at Greytown, Natal '06	♈	5 33	6 34	3 34					
6	WED.	Dr. W. H. Drummond d '07	♈	5 31	6 35	4 9					
7	THUR.	Margaret Mather died '08	♈	5 29	6 36	4 36					
8	FRI.	H. Bay Co. founded 1692	♈	5 27	6 38	5 0					
9	SAT.	Sur'der of Gen. Lee 1865	♈	5 25	6 39	5 20					
10	Sun.	Halifax incorporated 1841	♈	5 23	6 41	sets					
11	MON.	Marshall Oyama retires, '06	♈	5 21	6 42	8 12					
12	TUES.	Gen. Kodema becomes ch'f, '06	♈	5 19	6 43	9 41					
13	WED.	Prince Arthur at Ottawa, '06	♈	5 17	6 45	11 6					
14	THUR.	Lincoln assassinated, 1865	♈	5 15	6 46	morn					
15	FRI.	Earthquake in Mexico, '07	♈	5 13	6 48	0 23					
16	SAT.	Second fire M'Gill U'ty, '07	♈	5 11	6 49	1 29					
17	Sun.	Hon. A. M'Kenzie d, '92 <i>mild</i>	♈	5 9	6 51	2 20					
18	MON.	San Fran. earthquake, '06 <i>with</i>	♈	5 7	6 52	3 0					
19	TUES.	" " burning, '06 <i>rain</i>	♈	5 6	6 54	3 29					
20	WED.	Brit. families lve Moscow, '06	♈	5 4	6 55	3 52					
21	THUR.	Bank Up. Canada incor., 1821	♈	5 2	6 57	4 11					
22	FRI.	Napoleon III born 1808	♈	5 0	6 58	4 27					
23	SAT.	St. George	♈	4 58	7 0	4 43					
24	Sun.	H.M.S. Retribution arri'd	♈	4 57	7 1	4 58					
25	MON.	Oliver Cromwell born, 1599	♈	4 55	7 3	rises					
26	TUES.	Roosevelt opens Jam. Ex., '07	♈	4 53	7 4	8 34					
27	WED.	Kind Edward at Vesuvius, '06	♈	4 51	7 5	9 42					
28	THUR.	Salisbury Cathedral f'd., 1220	♈	4 49	7 7	10 48					
29	FRI.	Landslide, Frank, BC '03 <i>chgble</i>	♈	4 48	7 8	11 51					
30	SAT.	Mont'cy susp. bridge falls, '56	♈	4 46	7 10	morn					
				4 44	7 11	0 46					

G—Do you want a job?
 B—How much will you pay?
 G—All you are worth.
 B—I refuse to work for such a small salary.
 G—Do you know where the washwoman, Mrs. Johnston lives?
 B—No, but she hangs out on Clark Street.
 G—Do you think there is any danger going up in a balloon?
 B—Not half as much as there is in coming down.
 B—The day is not far distant when the man in the flying machine will look down upon the automobilist.
 G—Well, let us hope that he'll fall down on him too.

G—When I was in a big department store the other day, a lady came in and said to the floor walker, "Have you any corsets?" He said, "Lady, I don't like to brag about myself but this is my own shape."
 Another lady came in and said, "I want muslin."
 He said, "Well, perhaps you need muzzling."
 G—Do you know that I am a soldier?
 B—Yes, I can see you---r back from the front.
 G—I did not know I was that thin.
 G—Why is it that flies cannot see through the window?
 B—Because they leave their specks behind.
 G—Why has a watermelon so much water in it?
 B—Because the seeds are planted in the spring.

CAKES, ETC.

PEANUT JUMBLES

4 tablespoons butter; 1 teaspoon lemon juice; $\frac{1}{2}$ cup of sugar; $1\frac{1}{2}$ teaspoons CAMPBELL'S Baking Powder; yolks of 2 eggs; 1 cup flour; 4 tablespoons milk; 2 cups chopped peanuts; $\frac{1}{2}$ teaspoon salt.

Cream butter and sugar, add yolks beaten thoroughly, then milk, salt and lemon. Beat well, then add the flour and baking powder sifted twice, and milk. Drop from spoon on buttered paper. Place whole peanut on centre of each and bake twelve minutes in slow oven.

MACAROONS

1 cup sugar; 1 tablespoon butter; 2 eggs beaten separately; 2 teaspoons ratafia; 2 cups oatmeal.

NUT SPONGE CAKE

Beat separately the yolks and whites of six large eggs. Beat the yolks first with one teaspoon of lemon juice until very stiff; then add one cup granulated sugar and the grated rind of one lemon. Next add a pinch of salt to the egg whites and when partially beaten, add one tablespoon of lemon juice and continue beating until very stiff. Carefully fold the beaten yolks into the whites, then add one cup of chopped walnuts and last of all sift in one cup ($\frac{1}{2}$ pint) of flour, folding just enough to get it all mixed. Turn at once into cake tin and bake in moderate oven forty minutes.

Half of this amount makes a nice sized cake.

RICH SPONGE CAKE

One large tablespoonful butter, one cup sugar, three eggs, cup water, two heaping cups flour, one large teaspoon of CAMPBELL'S Baking Powder. **icing**—one cup of brown sugar, two tablespoonfuls cream or milk. Boil until it strings. Beat till thick enough to go on cake.

CAMPBELL'S

Electric Liniment

The well-known remedy
for the relief and cure of

Rheumatism, Neuralgia
Soreness, Headache
Sprains, Bruises
Sore Throats, etc.

Price 25 cents

Use Campbell's

FOOT POWDER

:: For ::

Sore, Tired, Tender
Aching or Swollen
Feet



Price 25c. Box by Mail

D. E. CAMPBELL

FAMILY CHEMIST

Cor. Fort and Douglas Sts. - VICTORIA, B.C.

5th Month.

MAY, 1910.

31 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Con- stellation	VICTORIA, B. C.			Moon's Phases			
				Sun Rises	Sun Sets	Moon Rises	Last Quarter..	New Moon....	First Quarter	Full Moon....
1	Sun.	Rogation Sunday		h. m.	h. m.	h. m.				
2	MON.	First sod turned CPR, '81		4 42	7 12	1 32				
3	TUES.	Fleet ordered from Malta, '06		4 40	7 14	2 9				
4	WED.	Ultimatum to Turkey, '06		4 39	7 15	2 38	D.			
5	THUR.	Ascension Day <i>changeable</i>		4 37	7 17	3 2	21			
6	FRI.	Col. Manzel defeats Zulus, '06		4 35	7 18	3 24	6	H.		
7	SAT.	Hon. Beck's Power Bill intro'd		4 34	7 19	3 43	58	M.		
8	Sun.	Treaty of Washingt'n, '71		4 32	7 21	4 2	2	M.		
9	MON.	Batoche taken, 1885		4 29	7 24	sets	2	M.		
10	TUES.	Birth of heir to Spain, '07 <i>fair</i>		4 28	7 25	8 34	2	M.		
11	WED.	N.W. Rebellion, 1885 <i>and</i>		4 27	7 26	9 58	9	D.		
12	THUR.	Rob'ts oc'p's Kr'nstdd, '00 <i>mila</i>		4 27	7 26	11 13	15	H.		
13	FRI.	Longshoremen's strike, '03		4 25	7 27	morn	8	H.		
14	SAT.	Mafeking relieved, '00		4 24	7 29	0 14	12	H.		
15	Sun.	<i>Pentecost (Whit Sunday)</i>		4 22	7 30	1 1	16	M.		
16	MON.	Earthquake in Spain, '06		4 21	7 31	1 35	8	M.		
17	TUES.	Street car strike, Albany, '01		4 20	7 32	1 50	12	M.		
18	WED.	St. John, N.B., inc., 1781		4 19	7 34	2 18	16	M.		
19	THUR.	Gladstone died, '98 <i>showery</i>		4 17	7 35	2 35	15	D.		
20	FRI.	Columbus died, 1506		4 16	7 37	2 50	11	H.		
21	SAT.	Baloon trip across Baltic, '06		4 15	7 38	3 5	7	H.		
22	Sun.	<i>Trinity Sunday</i>		4 14	7 39	3 21	11	M.		
23	MON.	Henrik Ibsen died, '06		4 13	7 40	3 38	11	M.		
24	TUES.	Victoria Day		4 12	7 42	3 58	11	M.		
25	WED.	Paris Communesur'd'd, '71 <i>fair</i>		4 11	7 43	rises	11	M.		
26	THUR.	<i>Corpus Christi</i>		4 10	7 44	9 44	11	D.		
27	FRI.	Battle of Fort George, 1813		4 9	7 45	10 42	11	H.		
28	SAT.	Spain welcomes Prin. Ena, '06		4 8	7 46	11 32	11	M.		
29	Sun.	Trouble in Guatamala, '06		4 7	7 47	morn	11	M.		
30	MON.	Michael Davitt died, '06		4 6	7 48	0 11	11	M.		
31	TUES.	King Alphonso married '06		4 5	7 49	0 40	11	M.		
				4 4	7 50	1 6	11	M.		

B—Your brother is a horrible liar.
G—I have always thought he was very good at it.

B—I went into a good hotel and before registering I inquired about the rate. They said it was three dollars a day and up. They offered me a special rate, that is they told me I could pay three dollars down. I said, "I always pay as I go." They said, "You will pay here before you go."

While I was stopping in that hotel, there was a murder in the next room to me. The paper-hanger hung a border.

G—What is the number on the rear of an automobile for?

B—To tell how many people it has killed.

B—One day little Jack returned late from school and his mother said, "Why are you so late Jack?" Jack replied, "I was kept in." The mother said, "Whispering again?" Jack replied, "No'm, I was kept in for not talking. The geography teacher asked me a question and I never said a word."

G—I had an awful fright last night.

B—Yes, I saw you with her. She is awful homely.

G—Well, that's her privilege.

B—Yes, but she abuses the privilege.

G—I know a girl who accepts rings from men she never saw.

B—I can't believe it.

G—She has to. She's a telephone girl.

CAKES, ETC.**MUFFINS**

Two cups flour, one cup milk, one tablespoonful butter, two eggs, half teaspoonful salt, two teaspoonfuls of CAMPBELL'S Baking Powder; mix thoroughly baking powder and salt with flour; stir the milk and beat the yolks together; add butter melted, then the flour; lastly fold in the whipped whites; turn into hot gem pans and bake at once in a very hot oven fifteen to twenty minutes. Serve at once.

GRAHAM GEM'S

Two cups Graham flour, one cup wheat flour, two teaspoons CAMPBELL'S Baking Powder, one tablespoon sugar, one of salt and one well-beaten egg.

Mix with sweet milk to make a thin batter; beat it well. Bake in gem-irons; have the irons well greased; fill two-thirds full and bake in a hot oven. Will bake in from fifteen to twenty minutes.

SALLY LUNN

Rub a piece of butter as large as an egg into one quart of flour; add a tumbler of milk, two eggs, three table-spoons sugar, three teaspoons CAMPBELL'S Baking Powder and one teaspoon of salt. Scatter the baking powder, salt and sugar into the flour; add the eggs, the butter melted, and the milk. Stir all together and bake in well-greased round pans. Eat warm with butter.

PUDDINGS, ETC.**CHOCOLATE PUDDING**

One pint of milk. Boil in a double boiler. Salt and sugar to taste. 1 square of melted chocolate. Thicken milk with corn starch and stir in the chocolate. When boiled remove from fire and stir in the stiffly beaten whites of three eggs. Let come to a boil again.

McSWAIN'S

CONCENTRATED

Beef, Iron and Wine

Owing to the increased demand for this favorite prescription we have decided to have a label printed for our own convenience, and guarantee the preparation to be in accordance with the original prescription.

This very valuable preparation has too wide a reputation to require any comment relative to the virtues of its ingredient constituents. Its nutritive and stimulative properties have long been known, and its efficacy as a restorative in cases of

**General Debility
Nervous Exhaustion
Loss of Vigor, etc.**

will be found a good remedy, the virtues of which cannot be too highly praised.

Price \$1 per Bottle

D. E. CAMPBELL

FAMILY CHEMIST

Cor. Fort and Douglas Sts. - VICTORIA, B.C.

6th Month.

JUNE, 1910.

30 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellation	VICTORIA, B. C.			Moon's Phases	ST. JOHN'S	TORONTO	WINNIPEG	VICTORIA
				Sun Rises	Sun Sets	Moon Rises					
1	WED.	Canada joined Postal Un. '78		h. m.	h. m.	h. m.					
2	THUR.	Peace in South Africa, 1902		4 4	7 51	1 28					
3	FRI.	Prince of Wales born, 1865		4 3	7 52	1 47					
4	SAT.	Pretoria captured, '00 <i>chgle</i>		4 3	7 53	2 6					
5	Sun.	Reciprocity Treaty, 1854		4 2	7 55	2 49					
6	MON.	Meat Inv'tion U.S.'06		4 1	7 56	3 18					
7	TUES.	Cun. Lusitania laun., '06 		4 1	7 56	sets					
8	WED.	1st Parliament at Ottawa, '06		4 0	7 57	9 56					
9	THUR.	Hamilton incorporated, 1846		4 0	7 58	10 50					
10	FRI.	Battle of Big Bethel, 1861		4 0	7 59	11 31					
11	SAT.	<i>St. Barnabas</i> wind and		4 0	7 59	morn					
12	Sun.	New York incorp. 1665 <i>rain</i>		3 59	8 0	0 0					
13	MON.	J. G. Brown died '96		3 59	8 0	0 22					
14	TUES.	Flag Day in U.S. 		3 59	8 1	0 41					
15	WED.	Magna Charta signed, 1215		3 59	8 1	0 57					
16	THUR.	Sir Cavendish Boyle ar., '01		3 59	8 2	1 12					
17	FRI.	Floods in Southern China, '06		3 58	8 2	1 27					
18	SAT.	Battle of Waterloo, 1815		3 58	8 3	1 44					
19	Sun.	Further trouble in Natal, '06		3 58	8 3	2 4					
20	MON.	Victoria queen, '37 <i>showery</i>		3 58	8 3	2 27					
21	TUES.	Summer begins		3 58	8 3	2 56					
22	WED.	Diamond Jubilee, 1897 		3 59	8 4	rises					
23	THUR.	Powder Exp. Brownsburg, '06		3 59	8 4	9 29					
24	FRI.	<i>St. John Baptist</i>		3 59	8 4	10 12					
25	SAT.	 Quebec incorporated, '40		3 59	8 4	10 46					
26	Sun.	Cor. Edward VII, '02 <i>cool</i>		4 0	8 4	11 12					
27	MON.	Corn's Vanderbilt b., 1794 and		4 0	8 4	11 33					
28	TUES.	Russ. Par. In. '06 <i>clearing</i>		4 1	8 4	11 53					
29	WED.	<i>St. Peter and St. Paul</i>		4 1	8 4	morn					
30	THUR.	Hal.-Ber. cable com., '90 		4 2	8 4	0 13					

G—I went in to see a neighbor of mine this morning, where they were in the midst of house-cleaning. I said to him, "Hal hal old man, nailing down a carpet are you?" He had just struck his thumb and he turned to me and said, "No, you fool! The carpet was here all the time. I am just putting the floor under it."

G—Why is a counterfelt half dollar like a saloon?
B—Because it is hard to pass.

G—I had a girl once named Miss Rivers. She was the wettest thing on earth. She had a waterfall on her head—a cataract in her eye—a creek in her back—a spring in her dress and a notion (ocean) in her head.

B—How came you into the penitentiary?
G—I was drugged and robbed.
B—By whom?
G—My doctor.
B—Yes?
G—He told me to take iron.
B—Well?
G—I took a stove and was arrested.

B—The manager of a vaudeville house was testing the abilities of a few candidates for stage honors one day and this is how he let down one of the would-be funny men: "Your songs won't do for me. I can't allow any profanity in my theatre." "But I don't use profanity", said he. "No," said the manager, "but the audience would."

PUDDINGS, ETC.

CHRISTMAS PUDDING

One cup butter, cup molasses, cup milk or water, cup raisins (chopped), teaspoonful soda, three cups flour, ¼ teaspoonful each cinnamon, cloves, nutmeg; steam two or three hours.

SAUCE

Cream yolk of one egg with half cup of granulated sugar, stir in the white of an egg beaten to a stiff froth, flavor with vanilla or lemon.

COCOANUT PUDDING

Three eggs; whites of two kept for frosting; beat in enough sugar to taste and milk to make a custard. Put in a dish of bread crumbs and sprinkle over with cocoanut and a little butter; pour over the custard and bake. When done, beat whites, adding sugar, and frost top.

BAKED HUCKLEBERRY PUDDING

One quart of ripe fresh huckleberries or blueberries, half a teaspoon of mace or nutmeg, three eggs well beaten, separately, two cups of sugar, one tablespoon of cold butter, one cup of sweet milk, one pint of flour, two teaspoons of CAMPBELL'S Baking Powder. Roll the berries well in the flour and add them last of all. Bake half an hour and serve with sauce. There is no more delicate and delicious pudding than this.

TAPIOCA CUSTARD

Soak three heaping tablespoons of tapioca in one teacup of water over night. Place over the fire one quart of milk; let it come to a boil, then stir in the tapioca, a good pinch of salt, stir until it thickens; then add one cup of sugar and the beaten yolks of three eggs. Stir it quickly and pour into a dish and stir gently into the mixture the whites beaten stiff, the flavoring, and set it on ice, or in an ice chest.

CAMPBELL'S

Ideal Tooth Wash

An elegant preparation for preserving and whitening the teeth, purifying and perfuming the breath

25 Cents a Bottle

CAMPBELL'S

CONDITION POWDERS

The Best for

**HORSES, CATTLE
SHEEP and PIGS**

Price 25c. Package

D. E. CAMPBELL

FAMILY CHEMIST

Cor. Fort and Douglas Sts. - VICTORIA, B.C.

7th Month.

JULY, 1910.

31 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellation	VICTORIA, B. C.			Moon's Phase
				Sun Rises	Sun Sets	Moon Rises	
1	FRI.	 Dominion Day (43rd yr.)	♈	h. m.	h. m.	h. m.	
2	SAT.	Big Bear captured, 1885	♈	4 2 8 4	0 31		
3	Sun.	Quebec f'd'd by Cha'pl'n, 1808	♈	4 3 8 3	0 52		D.
4	MON.	Independence Day (135th yr.)	♈	4 3 8 3	1 16		6 5 49 a.
5	TUES.	John Scott born, '24 <i>fair</i>	♈	4 4 8 3	1 49		14 4 53 m.
6	WED.	Sir Geo. White V.C., b. '35	♈	4 5 8 3	2 31		22 5 6 m.
7	THUR.	British oc'py Bethlehem, 1900	♈	4 6 8 2	sets		3 3 m.
8	FRI.	Revolution Riots in Brazil, '06	♈	4 6 8 2	9 25		
9	SAT.	Hyd'lic Lift, Peterboro, '04	♈	4 7 8 1	9 59		
10	Sun.	Gibraltar ca'p'd, 1703 <i>chg'ble</i>	♈	4 8 8 1	10 24		D.
11	MON.	Turkish troops in Armenia, '06	♈	4 9 8 0	10 44		6 6 43 a.
12	TUES.	Orangemen's Day	♈	4 10 8 0	11 2		14 3 30 m.
13	WED.	Can. Treaty, J'p'n, '06	♈	4 11 7 59	11 18		22 3 17 m.
14	THUR.	Paul Kruger d. 1904	♈	4 12 7 59	11 33		4 4 3 a.
15	FRI.	Prov. Manitoba formed, 1870	♈	4 13 7 58	11 48		6 7 m.
16	SAT.	Reid Crystal Hall disaster, '07	♈	4 14 7 57	morn		14 3 20 m.
17	Sun.	Lachine Canal begun, 1821	♈	4 15 7 56	0 6		6 6 25 a.
18	MON.	Lady Curzon, London, d. 1906	♈	4 16 7 56	0 27		14 1 22 m.
19	TUES.	Battle of Winchester, 1864	♈	4 17 7 55	0 54		29 2 9 m.
20	WED.	B.C. e't'd Confederation, '71	♈	4 18 7 54	1 30		3 3 9 m.
21	THUR.	Bob. Ingersoll died, 1899	♈	4 19 7 53	2 14		6 2 52 a.
22	FRI.	Russell Sage died, 1906	♈	4 20 7 52	3 9		14 1 56 m.
23	SAT.	Forest Fires raging at Fernie	♈	4 22 7 51	rises		22 0 9 m.
24	Sun.	Battle of Niagara, 1813 <i>cooler</i>	♈	4 23 7 50	9 14		14 0 24 m.
25	MON.	Earl of Minto ap't'd G.-G., '98	♈	4 24 7 49	9 38		29 1 21 m.
26	TUES.	Robt. Fulton born, 1865	♈	4 25 7 48	9 59		6 1 7 a.
27	WED.	Strike of Police in Finland, '06	♈	4 26 7 47	10 17		14 0 11 m.
28	THUR.	Atlantic cable laid, 1866	♈	4 28 7 45	10 35		22 0 24 m.
29	FRI.	Comet visible, '03	♈	4 29 7 44	10 55		1 1 7 a.
30	SAT.	J.L. Toole, Eng. actor. d.'06	♈	4 30 7 43	11 18		7 7 a.
31	Sun.	Archbishop Walsh d.'08 <i>rain</i>	♈	4 31 7 42	11 48		11 48 m.
				4 32	7 40	morn	

G—I went with my friends to the hotel and we had a grand banquet. Beef all over mud, cold slush, pickled eel's feet, humming birds' tongues—oh, all the delicacies in season and out of season. You can tell how much we ate—the bill was twenty-eight dollars, and there were only three of us. Jake wanted to pay for it, SI wanted to pay for it and I wanted to pay for it. We couldn't agree so I proposed a plan; that was to call in the waiter, blindfold him, and whoever he caught was to pay the bill.

B—That was just the way to settle the argument.

G—Yes, so we called in the waiter, blindfolded him and turned him loose.

B—Who did he catch?

G—I don't know. He hasn't caught me yet.

B—A man came up to me on the street and said, "Mr., give me a dime I am blind." I said, "You can see out of one eye." He said, "Give me a nickel then." Another fellow walked up to me and said, "Won't you please help me? I have met with a horrible accident. I am the father of ten children." I said, "Well, I wouldn't advertise it if I were you." I walked a little farther when another fellow stopped me and said, "Mr., will you be so kind as to give me ten cents for a bed?" I said, "Yes, if it's worth it."

G—"I have a little poem here entitled, 'Is life worth living?'" said the poet to the office boy of the editorial room. "Well," said the boy; "if yer wants to find out 'Is death worth dying' walk right in."

PUDDINGS, ETC.

COTTAGE PUDDING

Half cup sugar, one tablespoonful butter, one egg, quarter cup sweet milk, one cup flour, one teaspoonful CAMPBELL'S Baking Powder.

Put in a round buttered tin and bake in a quick oven. Serve with the egg sauce given under Christmas Pudding.

CARAMEL PUDDING

1 quart milk, scalded; 3 eggs, yolks and whites beaten separately; 1 tablespoon flour; 2 tablespoons sugar.

Beat yolks of eggs, flour and sugar together and stir into milk. Add the whites of eggs and beat all together with egg beater. Cook in double boiler or pan of water in oven.

CARAMEL SAUCE

Melt one cup of granulated sugar in pan. Add one cup of boiling water, one teaspoon butter, one teaspoon vanilla, a little salt and thicken with flour.

FISH

CREAMED OYSTERS

Pour cold water over them after draining off liquor, then dry them, beard them and season with salt, pepper and a little cayenne; roll in a thick sauce made with one teaspoonful butter, two teaspoonfuls flour, half cup milk; bake in buttered ramakin dishes ten minutes.

TO STUFF AND BAKE FISH

Soak stale bread in cold water until soft, drain and mash fine, stir in a spoonful of drawn butter, a little salt and pepper (two raw eggs, make the dressing cut smoother), and spices if liked. Fill the fish with this and sew it up, put a little water in a baking pan with a small lump of butter, place the fish in this and bake forty or fifty minutes. Bass, shad and fresh cod are all good baked.

LANOLINE

—AND—

Witch-Hazel Cream

A SKIN FOOD

Soothing and healing application for the skin. Cures Chapped Hands or Face, and all Roughness of the Skin. It is not greasy or sticky and dries in quickly.

Price 25c. per Box

Persian Bouquet

Sachet

Powder

IS EVERLASTING

and gives better satisfaction than any other Sachet Powder on the market.

Price 50c. per Oz.

Agent—

D. E. CAMPBELL

FAMILY CHEMIST

Cor. Fort and Douglas Sts. - VICTORIA, B.C.

5th Month.

AUGUST, 1910.

31 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellation	VICTORIA, B. C.			Moon's Phases	ST. JOHN'S	TORONTO	WINNIPEG	VICTORIA
				Sun Rises	Sun Sets	Moon Rises					
1	MON.	Battle of Nile, 1798 <i>scattered</i>		h. m.	h. m.	h. m.					
2	TUES.	Victoria Incor., 1862 <i>showers</i>		4 34	7 39	0 26					
3	WED.	Great Fire in Italy, 1906		4 35	7 37	1 13					
4	THUR.	Card. Larto, Pope, '03		4 36	7 36	2 13					
5	FRI.	1st Parcel Post to Eng. '86		4 37	7 34	3 27					
6	SAT.	Battle of Woerth, 1870		4 39	7 33	sets	D. H. M.				
7	Sun.	Battleship Mikasa floated, '06		4 40	7 31	8 47	5 3				
8	MON.	Riots in Cape Town, 1906		4 42	7 30	9 5	12 10				
9	TUES.	Ashburton Treaty, 1842 <i>fair</i>		4 43	7 28	9 22	30 a.				
10	WED.	Wellington enters Madrid		4 44	7 26	9 38	20 3				
11	THUR.	Illness of Sultan, 1906		4 46	7 25	9 53	43 a.				
12	FRI.	Albert Gallatin died, 1849		4 47	7 23	10 9	2 m.				
13	SAT.	Antrop con. by Japan, 1905		4 49	7 22	10 29	27	D. H. M.			
14	Sun.	Lord Clyde died, 1863		4 50	7 20	10 54	5 1				
15	MON.	Napoleon I. born 1769 <i>rain</i>		4 51	7 18	11 25	1 20				
16	TUES.	Brock captures Detroit, 1812		4 53	7 16	morn	m.				
17	WED.	Great Earthquake at Chili, '06		4 54	7 15	0 5	5 4				
18	THUR.	Valparaiso, Chili, des. 1906		4 56	7 13	0 56	12				
19	FRI.	Fish Famine in Lab., 1906		4 57	7 11	1 59	5 0				
20	SAT.	Wayne d'fts Indians, '94		4 58	7 9	3 12	7 33				
21	Sun.	Fire at Haileybury, 1906		4 59	7 7	rises	0 46				
22	MON.	Lord Salisbury died 1903		5 1	7 6	8 5	5 m.				
23	TUES.	Wallace beheaded, 1305		5 2	7 4	8 23	9 m.				
24	WED.	Cuban Revolution, '06 <i>sultry</i>		5 3	7 2	8 41	12				
25	THUR.	Herchie died 1822		5 4	7 0	8 59	20				
26	FRI.	Louis Phillippe died, 1850		5 6	6 58	9 22	12 10				
27	SAT.	Trouble in Persia, 1906		5 7	6 56	9 49	29				
28	Sun.	Turkish tr'ps invade Persia, '06		5 9	6 54	10 23	11				
29	MON.	Russia-Jap. war settled, 1905		5 10	6 52	11 7	6				
30	TUES.	Battle of Plevna, 1877 <i>chgble.</i>		5 11	6 50	morn	5 48				
31	WED.	Church pillaging, Russia, '06		5 13	6 48	0 3	20 m.				
				5 14	6 46	1 12					

G—I can tell you what you are thinking about.
 B—Why don't you hit me then?
 G—I don't see anything to laugh at.
 B—You aren't standing where I am.
 G—I am not such a fool as I look.
 B—I don't see how you could be.
 G—I want what I want when I want it.
 B—You will get what you get when you get it.
 G—You'd better go straight home.
 B—How can I when I live around the corner.
 B—Last year at this time I had only two children.
 This year I have four.
 G—How is that?
 B—I gave them green apples and doubled them up.

G—if you will tell me your name, I can tell you the name of your future wife.
 B—My name is Bill Smith.
 G—The name of your future wife will be Mrs. Bill Smith.
 B—Why did you put your girl's picture in your watch?
 G—Because I thought she would love me in time.
 G—Did your trip to Europe do you good?
 B—Yes, it done me plenty.
 G—I hear you had some trouble at the bank.
 B—Just lost my balance and that is all.

MEATS

BRAISED TONGUE

Put tongue (fresh) in kettle and cover with boiling water and cook two hours. Then remove skin and roots. Put in deep pan and surround with 1-3 cup each carrots, celery and onions and a sprig of parsley and pour over all four cups of sauce. Cover closely and bake two hours, turning often the first hour.

SAUCE

Stir $\frac{1}{4}$ cup each of butter and flour until well browned and add one cup of water in which the tongue was boiled and two cups of strained tomatoes, salt and pepper and one cup of Worcester sauce.

SPICED MEAT

Take a thin slice of round steak; remove the bone, all the fat and bits of skinny membrane on the outside. Make a dressing of one cup of bread crumbs, one-half cup of butter, mustard, pepper, salt, ground celery seed and spices to suit the taste, add enough hot water to make it soft, and spread over the meat. Now roll it up firmly and tie in a thin cloth, place the roll in a kettle and cover with boiling water. Boil from three to five hours according to the size of the roll. After it has boiled two hours, put in a teaspoonful of salt. When it is done remove the cloth, place the meat in a mould with a heavy weight on top. When it is cold it will slice nicely and make nice cold meat for lunch or supper.

VEAL LOAF

Three pounds veal, quarter pound salt pork, two eggs, one cup crumbs, teaspoonful salt, half teaspoonful pepper, teaspoonful onion juice, half teaspoonful mace, half teaspoonful all-spice; mix and mold in a loaf; cook two hours in moderate oven, and strain and serve cold.

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FEVER?



HAVE YOU HAD A
COLD IN THE HEAD?



GET RID OF IT BY
BUYING A BOTTLE OF

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Menthol Snuff

Price
25c. per Bottle

D. E. CAMPBELL

FAMILY CHEMIST

Cor. Fort and Douglas Sts., - VICTORIA, B.C.

9th Month.

SEPTEMBER, 1910.

30 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellation	VICTORIA, B. C.			Moon's Phases
				Sun Rises	Sun Sets	Moon Rises	
1	THUR.	Miners' strike in Wales, '06	♌	5 16	6 44	2 27	New Moon... First Quarter Full Moon... Last Quarter D. 3 H. 2 M. 35 a. 11 19 1 23 5 25 5 D. 3 H. 0 M. 49 a. 11 18 1 35 1 37 2 D. 3 H. 11 M. 38 a. 11 1 1 42 1 10 8 24 2 25 2 D. 3 H. 9 M. 53 a. 11 11 1 51 8 30 0 41 1 a. 25
2	FRI.	Manilla made fr. pt., '06	♌	5 17	6 42	3 42	
3	SAT.	Treaty Versailles, 1783	♌	5 18	6 40	sets	
4	Sun.	Rice Famine in India, 1906	♌	5 20	6 38	7 27	
5	MON.	Labor Day <i>fair</i>	♌	5 21	6 36	7 43	
6	TUES.	Pres. McKinley shot, '01	♌	5 23	6 34	7 58	
7	WED.	Allies sailed, Crimea, 1854	♌	5 24	6 32	8 13	
8	THUR.	Cambridge-Harvard race, '06	♌	5 25	6 30	8 32	
9	FRI.	Massacre in Poland, 1906	♌	5 27	6 28	8 54	
10	SAT.	Southside fire, 1901	♌	5 28	6 26	9 21	
11	Sun.	Yonge st. ry., Toronto, '61	♌	5 30	6 24	9 57	
12	MON.	Terrible ry. wk. Sudbury, '06	♌	5 31	6 22	10 43	
13	TUES.	Wolfe captures Quebec, 1759	♌	5 32	6 20	11 39	
14	WED.	Pres. McKinley died, 1901	♌	5 34	6 18	morn	
15	THUR.	Wm. H. Taft born, 1857	♌	5 35	6 15	0 47	
16	FRI.	Moscow burned, '12 <i>showers</i>	♌	5 37	6 13	2 2	
17	SAT.	Mar. race, St. John's, '08	♌	5 38	6 11	3 21	
18	Sun.	Hong Kong Typhoon, '06	♌	5 39	6 9	4 42	
19	MON.	Gen. Garfield died, 1881	♌	5 41	6 7	rises	
20	TUES.	Trouble in S. Nigeria, 1906	♌	5 42	6 5	7 4	
21	WED.	Cruiser Shannon laun., 1906	♌	5 44	6 3	7 26	
22	THUR.	Mormonism f'd'd, 1830 <i>fair</i>	♌	5 45	6 1	7 50	
23	FRI.	Autumn begins	♌	5 46	5 59	8 22	
24	SAT.	Justice Duff ap. J. of S.C.	♌	5 48	5 57	9 4	
25	Sun.	Agrarian riots in Rus. '06	♌	5 49	5 54	9 56	
26	MON.	Earl Grey app. Gov.-Gen. '04	♌	5 51	5 52	10 59	
27	TUES.	U.S. troops ord. to Cuba, '06	♌	5 52	5 50	morn	
28	WED.	Sec. Taft Gov. Cuba, 1906	♌	5 53	5 48	0 12	
29	THUR.	<i>Michaelmas Day</i> <i>changeable</i>	♌	5 55	5 46	1 27	
30	FRI.	Lord Roberts born, 1832	♌	5 56	5 44	2 41	

B—Aunt Jemima, the old colored woman on our street, has a worthless son who was secretly married last week and as I came by the house the good woman was scolding the boy and in a loud voice asked him if it were true that he had been married. "I ain't sayin' I ain't" replied the young fellow. "Now, you blustus," stormed the mother, "I ain't askin' you is you ain't; I is askin' you ain't you is."

G—Our friend Mason's wife is a connoisseur in curiosities and is fond of bringing old things into the house.

B—Yes, they were hardly married when she sent for his mother-in-law.

G—A friend of mine says there are disadvantages in having two telephones in one's office. A new boy who came into this friend's office the other day, among other duties, had to answer the telephone calls. The first call resulted in his coming to my friend with this statement, "You're wanted at the phone by a lady, sir." "Which one?" he asked, thinking of the two phones. "Well sir" said the boy, after an embarrassed pause, "I—I think it is your wife, sir."

B—Do you think that a woman is clever enough to do any work that a man can?

G—She's smarter than that. Why she's clever enough to make the man do the work and give her the benefit of it.

MISCELLANEOUS RECIPES**TOMATO BUTTER**

7 lbs. ripe tomatoes peeled and cut up; 4 lbs. granulated sugar; 1 handful salt; 1 cup vinegar. Boil all together three hours. When nearly done add: 1 teaspoon cloves; 1 teaspoon cinnamon; $\frac{1}{4}$ teaspoon red pepper.

EGG SAUCE

Served with boiled fish. To two cups white sauce add three hard-boiled eggs cut into slices or dice, and if liked one teaspoonful chopped parsley; brown sauce.

BEEF AND POTATO PUFFS

Make mashed potatoes into a paste with one egg, roll out with a little flour, cut round with a saucer; put finely chopped seasoned cold meat on one half, fold over, turn neatly round, and fry light brown in gravy. (One egg makes five puffs.)

PRUNE WHIP

Soak one pound of prunes in cold water for several hours, put in a little boiling water and simmer till soft. Remove the stones and mash the prunes through a coarse sieve. Beat the whites of four eggs very stiff, adding a speck of salt. Add gradually to one pint of the prune pulp, which has been sweetened with one-quarter to one-half cupful sugar. Turn lightly on to a buttered platter; set the platter in the oven over a pan of hot water and bake at a moderate heat for about twenty minutes. Serve cold with custard made from the yolks of the eggs, four tablespoonfuls sugar, one-eighth teaspoonful salt, one pint milk and one teaspoonful vanilla.

PINEAPPLE SHERBET

One tablespoonful gelatine soaked in one cup cold water fifteen minutes. Dissolve with one cup boiling water. Take one-half can grated pineapple, one and one-half cups sugar and juice of one lemon. Add strained gelatine, put in freezer and pack with ice and salt and freeze.

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Price 25c. a Box

D. E. CAMPBELL

Family Chemist

VICTORIA

B. C.

10th Month.

OCTOBER, 1910.

31 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Con- stellation	VICTORIA, B. C.			New Moon.. First Quarter Full Moon.. Last Quarter	Moon's Phase
				Sun Rises	Sun Sets	Moon Rises		
1	SAT.	Earthquake shks. Ind. O., '06	♈	5 58	5 42	3 55		ST. JOHN'S
2	Sun.	Major Andre hanged 1780 	♈	5 59	5 40	5 4	D. 3	
3	MON.	Capt. Jack hung, 1873	♈	6 1	5 38	sets	H. 5	
4	TUES.	Battle of Corinth, 1862 <i>showers</i>	♈	6 2	5 36	6 19	M. 1 m.	
5	WED.	Fisheries's't'l'm't with U.S., '06	♈	6 4	5 33	6 35	D. 11	
6	THUR.	Prof. Pierce died, 1880	♈	6 5	5 31	6 56	M. 9 m.	TORONTO
7	FRI.	Battle of Stillwater '77	♈	6 7	5 29	7 21	D. 11	
8	SAT.	Labor troubles, Ontario, 1906	♈	6 8	5 27	7 53	M. 9 m.	
9	Sun.	Archbp. Bond, Pri. Can. d.'06	♈	6 10	5 25	8 34	D. 11	
10	MON.	Ex-Pres. Kruger b., '25	♈	6 11	5 23	9 25	H. 8	
11	TUES.	Boer War begun, 1899	♈	6 13	5 21	10 27	M. 8	WINNIPEG
12	WED.	Columbus dis. America, 1492	♈	6 14	5 19	11 38	D. 9	
13	THUR.	Sir Henry Irving died, 1905	♈	6 16	5 17	morn	H. 8	
14	FRI.	J. Newcastle died, 1837 <i>Chgble</i>	♈	6 17	5 15	0 54	M. 7 m.	
15	SAT.	Death Rev. Sam. P. Jones, '06	♈	6 19	5 13	2 12	D. 7	
16	Sun.	Vesuvius mud eruption, '06	♈	6 20	5 11	3 34	H. 7	VICTORIA
17	MON.	Marshall McMahon died, '93	♈	6 22	5 9	4 56	M. 7 m.	
18	TUES.	Lord Palmerston d., '65 	♈	6 23	5 7	rises	D. 18	
19	WED.	H. K. White died, 1806	♈	6 25	5 5	5 49	H. 11	
20	THUR.	Strike in London, 1900 <i>cool and</i>	♈	6 26	5 4	6 18	M. 7 m.	
21	FRI.	Ross made Premier, '99 <i>wet</i>	♈	6 28	5 2	6 58	D. 4	
22	SAT.	E. B. Washburn died, '87	♈	6 29	5 0	7 49	H. 4 m.	ST. JOHN'S
23	Sun.	Gen. Buller retired, 1906	♈	6 31	4 58	8 51	M. 12 m.	
24	MON.	Birthday Queen of Spain	♈	6 32	4 56	10 2	D. 11	
25	TUES.	Transvaal annexed, 1900 	♈	6 34	4 55	11 17	H. 11	
26	WED.	Phillip Doddridge died, '51	♈	6 35	4 53	morn	M. 18	
27	THUR.	Th. Roosevelt born 1858	♈	6 37	4 51	0 32	D. 11	TORONTO
28	FRI.	Tammany ring tried, 1871	♈	6 39	4 49	1 45	H. 9	
29	SAT.	Fire in New York, 1889 <i>fair</i>	♈	6 40	4 47	2 55	M. 5	
30	Sun.	2nd contingent left for A., '99	♈	6 42	4 46	4 3	D. 6	
31	MON.	<i>Halloween</i>	♈	6 43	4 44	5 9	M. 35 a.	

G—Here's a rhyme I found about the anarchist.
Just listen:—

Oh, he preached it from the house-tops and he
whispered it by stealth;

He wrote whole miles of stuff against the awful
course of wealth.

He shouted for the poor man and he called the rich
man down;

He roasted every king and queen who dared to wear
a crown.

He clamored for rebellion, and he said he'd lead a
band

To exterminate the millionaires and sweep them
from the land.

He yelled against monopolists, their power he'd defy.
And swore he'd be an anarchist and blow them to
the sky.

He stormed, he fumed, and ranted, till he made the
rich men wince,

But an uncle left him money, and he hasn't shouted
since.

B—Do you know I am coming to regard society as
a mere machine?

G—Well what part of the machine do you consider
me?

B—Oh, you're one of the cranks.

MISCELLANEOUS RECIPES

SOUP STOCK

Take three or four pounds of shank of beef, cut into small pieces, add all the bones and bits of cold meat you have in the house, cover the whole with cold water and let it stand for an hour or two; then set it on the stove and boil several hours; then strain and set away to cool. When cool the fat may be easily removed; do not have a bit of fat on it.

This is the soup stock and several different soups can be made by boiling the different vegetables, rice, macaroni in water and adding some of the soup stock, and seasoning to taste. Whenever an onion is used, it is much nicer grated than in pieces.

PEA PUREE

One cup peas, two cups cold water, four whole cloves, bay leaf, slice of onion, salt and pepper to taste, one tablespoonful butter, one tablespoonful flour; boil peas until tender with onion, cloves and bay leaf; rub through sieve with liquid in which they have been boiled; blend butter and flour; pour liquid in and cook a few minutes before serving.

MACARONI AND CHEESE

Break half lb. of macaroni into pieces an inch or two long; cook it in boiling water, enough to cover it well; put in a good teaspoon of salt; let it boil about twenty minutes. Drain it well and then put a layer in the bottom of a well-buttered pudding-dish, upon this some grated cheese and small pieces of butter, a bit of salt, then more macaroni, and so on, filling the dish; sprinkle the top layer with a thick layer of cracker crumbs. Pour over the whole a teacupful of cream or milk. Set it in the oven and bake half an hour. It should be nicely browned on top.

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For WHOOPING COUGH
and CROUP

50 Cents a Bottle

D. E. CAMPBELL

Dispensing Chemist

Cor. Fort and Douglas Sts. - VICTORIA, B. C.

11th Month.

NOVEMBER, 1910.

30 Days.

Day Month.	Day Week.	HISTORICAL EVENTS	Moon's Con- stellation	VICTORIA, B. C.			New Moon... First Quarter Full Moon... Last Quarter	Moon's Phases
				Sun Rises	Sun Sets	Moon Rises		
1	TUES.	<i>All Saints' Day</i>	♄	6 45	4 42	6 15		ST. JOHN'S
2	WED.	Jenny Lind died, 1887	♃	6 47	4 40	sets	D. 1	
3	THUR.	Serious Fire at Chicago, 1882	♂	6 48	4 39	5 25	H. 10	
4	FRI.	Warsaw massacre, 1794 <i>rain</i>	♁	6 50	4 37	5 53	M. 25	
5	SAT.	Gunpowder plot dis. 1604	♁	6 51	4 36	6 30	a. 8	
6	Sun.	Meet'g of 1st Dom. parlt, '07	♁	6 53	4 34	7 17	m. 16	TORONTO
7	MON.	Driv'g last spike of C. P. R. '85	♁	6 55	4 33	8 14	a. 8	
8	TUES.	Winnipeg incorporated, '1873	♁	6 56	4 31	9 20	m. 64	
9	WED.	King Edward VII b., '41	♁	6 58	4 30	10 32	a. 42	
10	THUR.	Martin Luther born, 1483	♁	6 59	4 28	11 48	a. 23	
11	FRI.	Chicago anarchists hung, '87	♁	7 1	4 27	morn	D. 0	WINNIPEG
12	SAT.	J. A. Logan killed, 1899 <i>fair</i>	♁	7 3	4 26	1 5	H. 8	
13	Sun.	Earl Minto Gov.-Gen., 1898	♁	7 4	4 25	2 26	M. 39	
14	MON.	Jap. battlesh'p Satsuma l., '06	♁	7 6	4 23	3 47	a. 0	
15	TUES.	J. Brown's raid, 1858	♁	7 7	4 22	5 11	m. 56	
16	WED.	Execution of Riel, 1885	♁	7 9	4 21	6 41	a. 23	VICTORIA
17	THUR.	Suez Canal opened 1879	♁	7 10	4 20	rises	D. 9	
18	FRI.	Senator Vidal died, age 87	♁	7 12	4 19	5 35	H. 11	
19	SAT.	Standard time adopted, 1883	♁	7 13	4 17	6 34	M. 28	
20	Sun.	Sir W. Laurier born, '41 <i>chgbt</i>	♁	7 15	4 16	7 44	a. 9	
21	MON.	Sir Geo. Baden-Powell d. '98	♁	7 16	4 15	9 2	m. 5	ST. JOHN'S
22	TUES.	Sen. Kerr of Cobourg d.	♁	7 18	4 14	10 20	a. 1	
23	WED.	St. Car riot Hamilton, '06	♁	7 19	4 13	11 34	m. 57	
24	THUR.	Poland dissolved, 1702 <i>fair</i>	♁	7 21	4 13	morn	a. 45	
25	FRI.	Powderly resigned, 1893 <i>and</i>	♁	7 22	4 12	0 45	D. 23	
26	SAT.	Sunken Bavarian raised, '06	♁	7 24	4 11	1 54	H. 9	TORONTO
27	Sun.	Brit. Victory in S. A., '99 <i>frosty</i>	♁	7 25	4 10	3 1	M. 16	
28	MON.	Americans repulsed, 1812	♁	7 27	4 10	4 7	a. 4	
29	TUES.	New Min. in Natal, 1906	♁	7 28	4 9	5 14	m. 12	
30	WED.	<i>St. Andrew</i>	♁	7 30	4 9	6 22	a. 0	

G—Here's a piece of poetry I found:—

Mary had a little lamb
For which she didn't care.
She took it back and traded it
For a teddy bear.

B—Here's a better one than that:—

A boy stood on the burning deck;
His head was in a whirl;
His eyes and mouth were filled with hair;
His arms were filled with girl.

B—I've got a girl; her name is Buckwheat. Her mother used to bat her. I was out to see her the other evening. Her father asked me my business. I told him I was a newspaper man. He said, "I thought so; you come out dally."

G—I got locked up in a chicken house for two weeks. When I got out I talked chicken. I was arrested for using foul (fowl) language. I told the judge I was deaf. He said, "You may be deaf but you will get your hearing in the morning." I said, "Judge, give me time and I will clear myself." He gave me thirty days.

B—I've got a new situation with a hundred and fifty per.

G—Per what?
B—Per—haps.

G—A fellow walked up to me one day on the street and said, "Will you give me twenty-five cents towards burying a policeman." I said, "Yes, here is a dollar; go and bury four of them."

MISCELLANEOUS RECIPES

ASPARAGUS SALAD

Boil two bunches of asparagus with one quart of water and one tablespoon of salt, for twenty minutes. Take up and drain on a sieve. When cold, cut off the tender points, and arrange them on dish. Pour on cream salad dressing.

STUFFED DATES

Half a teaspoonful vanilla, and a little sugar, almonds, walnuts and melted sweetened chocolate, enough to hold them together; fill the dates and roll in confectioners' sugar; add a little butter.

APPLE SNOW

Stew some fine flavored sour apples tender, sweeten to taste, strain them through a fine wire sieve and break into one pint of strained apples the white of an egg; whisk the apples and egg very briskly till quite stiff and it will be as white as snow; eaten with a nice boiled custard it makes a very desirable dessert. More eggs may be used if liked.

STRAWBERRY ICE CREAM

Mash with a potato pounder, in an earthen bowl, one quart of strawberries with one pound of sugar, rub it through a sieve, add one quart of sweet cream and freeze.

SPICED CURRANTS

Make a syrup of three lbs. sugar, one pint of vinegar, two tablespoons cinnamon, two tablespoons cloves, and half teaspoon salt. Add six lbs. of currants, and boil half an hour.

RASPBERRY VINEGAR

Put one quart of raspberries into a suitable dish, pour over them one quart of good vinegar, let it stand twenty-four hours, then strain through a flannel bag and pour this liquor on another quart of berries; do this for three or four days successively and strain it; make it very sweet with loaf sugar; bottle and seal it.

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D. E. CAMPBELL

Family Chemist

Cor. Fort and Douglas Sts. - VICTORIA, B.C.

MISCELLANEOUS RECIPES

JIM-JEM

One pint brandy, six pounds sugar, one pint strawberries, one pint raspberries, one pint pineapple, one pint bananas, one pint cherries, one pint blackberries.

A large stone or glass jar is the best thing for this preserve; one that has a tight fitting cork. Put in the brandy with one pint of strawberries and one pound of sugar. Stir it thoroughly every day. Add the other fruits with the sugar from time to time as they can be procured. The bananas should be sliced very thin, the stones removed from the cherries, and the pineapples grated fine. If kept in a cool place this will keep a long time. It must be stirred every day during the time of putting in the different fruits and for several days after in order to dissolve the sugar and preserve the fruit.

COCOANUT CREAM

Melt 2 teaspoons butter; add $\frac{1}{2}$ cup milk and $1\frac{1}{2}$ cups sugar. Boil twelve minutes, then remove from the fire and add one teaspoon vanilla and 1-3 cup grated cocoanut and beat till creamy and pour over the chocolate cream.

SEA FOAM FUDGE

One cup light brown sugar, half cup water and one-third cup grated chocolate. Boil without stirring until it spins a thread from the point of a spoon. Have beaten stiff the white of an egg; pour boiling mixture on it and stir until it begins to stiffen.

FONDANT FOR CREAMS

One pound granulated sugar and a cup of water. Boil without stirring until it will spin a thread from the point of a spoon, then cook until you can make a soft ball with the fingers from some poured on a dish. Beat until it is smooth and hard and can be kneaded like dough in the hands.

TURKISH DELIGHT

One pound granulated sugar, one cup cold water, juice and rind of one orange, juice and rind of one lemon, one ounce of gelatine. Soften gelatine in half the water, boil the sugar in half the water, and when clear add gelatine, the rind and the juice; boil twenty minutes, strain and pour into a pan that has been dipped in cold water. Set to stiffen; cut into squares and roll into powdered sugar.

BUTTER SCOTCH

Three cups white sugar, half a cup water, half a cup vinegar, or half a teaspoon cream of tartar, one tablespoon of butter and eight drops extract of lemon. Boil without stirring till it will snap and break. Just before taking from the fire, add quarter teaspoon soda; pour into well-buttered biscuit tins, quarter inch thickness. Mark off into inch squares when partly cold.

SEA FOAM FUDGE (NUT)

Three cups of light brown sugar, one cup water and a tablespoon of vinegar. Do not stir after it is once heated. Boil till it will harden when dropped into cold water. Beat stiff, the whites of two eggs and when the syrup has stopped bubbling, pour it over these and beat well. Flavor with vanilla and add a cup of chopped nuts.

ICE CREAM

One pint of milk, yolks of two eggs, six ounces of sugar, one tablespoonful of corn-starch; scald until it thickens; when cool, add one pint of whipped cream and the whites of two eggs, beaten stiff; sweeten, flavor and freeze.

GRAPE JELLY

Mash the grapes in a kettle, put them over the fire, and cook until thoroughly done. Drain through a sieve, but do not press through. To each pint of juice allow one pound sugar. Boil rapidly for five minutes. Add sugar, and boil rapidly three minutes more.

BREAD SAUCE

One-third cup bread dice, two-thirds cup milk, onion with clove stuck in it; stand for half an hour; remove the onion and cloves when it comes to a boil and beat until smooth, having first seasoned with pepper and salt, and add a teaspoonful of butter.

CORN OMELET

One pint of cold boiled corn, four eggs, half a cupful of milk, one teaspoonful and a half of salt, a little pepper, three tablespoonfuls of butter. Beat the eggs, and add to them the salt, pepper, milk and corn.

TOMATO PRESERVE

Four pounds green tomatoes, three pounds sugar, three lemons sliced, ginger root to taste.

Cook slowly till juice is thick.

CREAMED CHICKEN

Joint the chicken; place in a pan and season with salt and pepper, and if it be not too fat a few small lumps of butter. Cover with rich milk and set in a moderate oven and bake. Uncover the pan, when the milk has cooked away, the chicken will be done.

BROILED SWEETBREADS

Split the sweetbread after being boiled. Season with salt and pepper, rub thickly with butter and sprinkle with flour. Broil over a rather quick fire, turning constantly. Cook about ten minutes, and serve with cream sauce.

TOMATO MUSTARD

One peck tomatoes, one teacup salt; boil in preserving pan half hour; pulp through a colander and return to kettle with the following: one dessertspoon cloves (ground), one of allspice, one of black pepper, one of ginger, one of cayenne, a little garlic, some onions, and a little curry powder. Let it boil down considerably, strain through sieve and add flour of mustard until proper thickness is obtained, and simmer for short time; then bottle.

STUFFED EGGS

Cut six hard boiled eggs in two. Take out the yolks and mash them fine. Add two teaspoonfuls of butter, one of cream, a few drops of vinegar, and salt, pepper and mustard to taste. Mix all thoroughly. Fill the eggs from the mixture, and serve on lettuce with mayonnaise dressing.

BEEF CROQUETTES

Chop the bits of cold beef very fine; to one cupful of chopped meat add one-half cup of cracker crumbs, one egg, mustard, ground celery seed, pepper and salt, and mix together; a little hot water or meat gravy may be needed to make the crumbs stick together. Make into little cakes and fry in a hot buttered pan.

CAULIFLOWER SALAD

Boil one large cauliflower with two quarts of water and one tablespoon of salt, for half an hour. Take up and drain. When cold, divide into small tufts. Arrange on the centre of a dish and garnish with a border of strips of pickled beet. Pour cream dressing over the cauliflower. Arrange a star of the pickled beet in the centre.

FRENCH MUSTARD

Grate an onion and cover it with vinegar. After it has stood for an hour pour off the vinegar, add a little cayenne pepper, and salt and a spoonful of sugar, and mustard enough to thicken; mix and set on the stove and stir until it boils.

CHOCOLATE CREAM

Melt one tablespoon of butter in a granite saucepan, add one-half cup milk and one and a half cups sugar and two and one half squares of unsweetened chocolate. Stir constantly until the chocolate is melted, then let it boil twelve minutes, stirring only occasionally. Remove from the fire and beat till creamy, then pour into buttered tin.

FACTS ABOUT CANADA

Canada is larger than U. S. by 250,000 square miles.

Canada contains one-third area of British Empire.

Canada extends over 20 deg. of latitude—from Rome to North Pole.

Canada is as large as thirty United Kingdoms, 18 Germanys, 33 Italys.

Canada is larger than Australasia and twice the size of British India.

Canada has a boundary line of 3,000 miles between the U. S.

Canada's sea coast equals half the earth's circumference.

Canada is 3,500 miles wide and 1,400 from north to south.

Canada has the largest consecutive wheat field in the world, 900 by 300 miles.

Canada has the most prolific and extensive sea fisheries in the world, as well as some of the greatest salmon rivers.

The largest grain mill in the British Empire is in Montreal—the Oglivie Flour Mill having a capacity of 4,400 barrels of flour in 24 hours.

Canada has the largest elevator in the world—at Port Arthur—capacity seven million bushels.

The G. T. P. will build a twelve million bushel elevator at Fort William.

Canada has the largest lift lock in the world—at Peterboro.

Canada will have the longest bridge span in the world—at Quebec.

Canada has one of the largest single canal locks in the world—at Sault Ste Marie.

Canada has—in the Yukon—one of the richest gold fields in the world.

Canada has the largest nickel mines in the world, and the largest single nickel producing mine in the Creighton.

Canada has the richest silver-nickel-Cobalt deposits in the world at the Cobalt.

Canada has the largest zinc smelter in the world—at Frank, Alberta.

The thickest known coal seam in the world—47 feet—has been found at Stelarton, Nova Scotia.

Canada's largest freight vessel, The Midland Prince, is 486 feet long.

Canada has one of the largest departmental stores in the Empire, The T. Eaton Co., of Toronto and Winnipeg, employing 3,000.

One of Canada's largest industrial establishments is the Massey-Harris works, with over 3,000 men.

Canada has one of the largest firms of cattle exporters in the world—in Winnipeg—shipping, 1906, 73,500 cattle; 41,000 sheep.

Canada has one of the largest tides in the world—50½ feet in Noel Bay Minas Basin, Bay of Fundy.

The C. P. R. 120-mile yard in Winnipeg is the largest in the Empire.

WHAT IS CANADA'S POPULATION

Canada's population now estimated at 6 millions.

Canada's proportion of population only 1.5 to square mile; U. S. 21, England 553.

If Canada were populated like England it would have 1¼ billions.

Canada's population by first census of 1665, 3,251. In 1763, 70,000.

Canada's population, 1867, 3½ millions, 1901, 5,371,315.

Canada began 20th century with same population as U. S. began 19th.

Canada has 40 countries represented in her population.

Canada has 132,101 more males than females.

Canada has more than one-half of white population of Britain's colonies.

Canada has enfranchised 25 per cent. of her population.

Canada has 87 per cent. Canadian born, 8 per cent. British born.

Canada has only five per cent. of foreign born people.

55 per cent. of Canada's foreign born population is naturalized.

Canada's population is 73 per cent. rural; 26 per cent. urban.

Canada's centre of population is near Ottawa and is moving westward.

One out of every 3½ in Canada is of French descent.

In 50 years 3¼ millions Canadians have gone to the U. S.

Density of population to square mile in Canada; P. E. I., 51.6; Nova Scotia, 22.3; New Brunswick, 11.8; Quebec, 4.8; Manitoba, 3.9; Ontario, 9.9; British Columbia, 0.4.

Canada has more than one-half of the fresh water area of the globe.

One of the largest collieries in the world is at Glace Bay, N. S.

Canada's largest copper mine is the Granby in southern British Columbia.

GRAND TRUNK PACIFIC RAILWAY

The length of the projected Grand Trunk Pacific Railroad will be 3,116 miles, divided as follows:

	Miles
Quebec to Lake Abitibi.....	498
Lake Abitibi to Lake Nipigon.....	479
Lake Nipigon to Winnipeg.....	440
Winnipeg to Edmonton.....	836
Edmonton to Dunvegan.....	280
Dunvegan to Port Simpson.....	583

The Intercolonial from Quebec to Halifax would add 674 miles, making it 3,790 miles from ocean to ocean.

RATES OF POSTAGE

Post Cards—Canada and U. S., 1c. each; United Kingdom, Newfoundland, etc., 2c. each.

Letters—Canada and U. S., 2c. per oz.; United Kingdom, Newfoundland and British possessions and protectorates (except Buchananland Protectorate), and Australian Colonies, 2c per half oz.; Postal Union countries, 5c. per half oz.

Newspapers—In Canada and the United States, 1c. per 4 ozs.; not more than 1 oz. will go for ½c. In Canada, Great Britain and Ireland, 2 ozs. for 1c.

Books and Printed Matter—Canada, United States, Newfoundland, Great Britain, Europe, etc., per 2 ozs. 1c. Limit of weight for Canada is 5 lbs., but for a single book 10 lbs. The limit of weight for United States and Mexico is 4 lbs. 6 ozs. and for the United Kingdom 5 lbs.; for other Postal Union countries, 4 lbs.

Legal Documents and Commercial Papers—(either wholly or partly in writing).—Canada, 2c. per oz.; Great Britain, Newfoundland, United States etc., 5c. for first 10 ozs., and 1c. for each additional 2 ozs. Covers must be open at end for examination.

Fourth Class Matter (Merchandise, etc.)—Canada, United States, etc., 1c. per oz., limit 5 lbs.

Registration—The fee on all classes of articles addressed to countries to which matter may be registered is 5c.

Patterns and Samples—Canada, limit 3 lbs., size 2½ ft. by 1 ft. in width or depth; 1c. per two ozs.

United States, Europe, etc., limit 12 ozs., 2c. for first 4 ozs. and 1c. for each additional 2 ozs. or fraction thereof.

United Kingdom, limit 5 lbs., 2c. for first 4 ozs. and 1c. for each additional 2 ozs. or fraction thereof.

HOW OCCUPATION AFFECTS LIFE

The Psalmist's "threescore years and ten" are not the average man's life, but are named as the average limit of those who arrive at a normal old age. The average life of men in various occupations appears in the appended table:

	Years
Rural laborers	45.32
Carpenters	45.28
Domestics	42.03
Bakers	41.92
Weavers	41.92
Shoemakers	40.87
Tailors	39.40
Hatters	38.91
Stone masons	38.19
Plumbers	38.18
Mill operatives	38.09
Blacksmiths	37.96
Bricklayers	37.70
Printers	36.66
Clerks	34.99
Average population	39.88

The figures just given cover most classes of non-professional work. Musical composers, however, are said to live longer than persons engaged in other occupations, in proof of which this eminent list has been prepared:

Auber	98
Monsigny	88
Campra	84
Cherubini	82
Rameau	81
Haydn	77
Spontina	77
Rossini	76
Salleri	76
Handel	74
Paisiello	74
Lesueur	74
Gluck	73
Piccini	72
Gretry	72
Meyerbeer	70
S. Bach	65
Halevy	63
Boildieu	59
Beethoven	57
Dalayrac	55
Lull	54
Mehul	54

With this as a basis, the average age of the musical composer would be about 71 years—approximately the biblical allowance.

WEDDING ANNIVERSARIES

First, cotton; second, paper; third, leather; fifth, wooden; sixth, woollen; tenth, tin; twelfth, silk and fine linen; fifteenth, crystal; twentieth, china; twenty-fifth, silver; thirtieth, pearl; fortieth, ruby; fiftieth, golden; seventy-fifth, diamond.

LANGUAGE OF FLOWERS

Flowers	Sentiment
Acacia	Concealed love
Almond	Hope
Apple Blossom	Preference
Arbutus, Trailing	Welcome
Bell Flower	Gratitude
Box	Constancy
Calla Lily	Feminine beauty
Cedar	I live for thee
China Aster	I will think of it
Chrysanthemum Rose	I love
Clover, Red	Industry
Corn	Riches
Cowslip, American	You are my divinity
Daffodil	Chivalry
Dahlia	Forever thine
Daisy, Garden	I partake your sentiments
Daisy, White	Innocence
Daisy, Wild	I will think of it
Elm, American	Patriotism
Forget-me-not	True love
Fuchsia, Scarlet	Taste
Geranium, Apple	Present preference
Geranium, Ivy	Your hand for the next dance
Geranium, Rose	Preference
Gillyflower	Lasting beauty
Golden Rod	Encouragement
Hawthorn	Hope
Hellotrope, Peruvian	I love you; devotion
Honeysuckle	Bond of love
Horse-chestnut	Luxury
Hyacinth	Jealousy
Mint	Virtue
Morning Glory	Coquetry
Myrtle	Love..
Oats	Music
Orange	Generosity
Pansy	Think of me
Pink	Pure affection
Pink, Red	Pure, ardent love
Rose, Moss	Superior merit
Rose, Tea	Always lovely
Rose, White	I am worthy of you
Snowball	Winter
Tuberose	Dangerous pleasures
Verbena	Sensibility
Violet, Blue	Love
Violet, White	Modesty

If a flower is offered reversed, its direct signification is likewise reversed, so that the flower now means its opposite.

A rosebud divested of its thorns, but retaining its leaves, conveys the sentiment "I fear no longer; I hope." Stripped of leaves and thorns, it signifies, "There is nothing to hope or fear."

A full-blown rose placed over two buds signifies, "secrecy."

"Yes is implied by touching the flower to the lips; "No" by pinching off a petal and casting it away.

ORIGINAL HOMES OF PLANTS

Madder came from the East.
Celery originated in Germany.
The chestnut came from Italy.
The onion originated in Egypt.

Tobacco is a native of Virginia.
The nettle is a native of Europe.
The citron is a native of Greece.
Oats originated in North Africa.
The poppy originated in the East.
Rye came originally from Siberia.
Parsley was first known in Sardinia.
The pear and apple are from Europe.
Spinach was first cultivated in Arabia.
The sunflower was brought from Peru.
The mulberry tree originated in Persia.
The gourd is probably an Eastern plant.
The walnut and peach came from Persia.
The horse-chestnut is a native of Thibet.
The cucumber came from the East Indies.
The quince came from Crete.
The radish is a native of China and Japan.
Peas are of Egyptian origin.
Horse-radish is from southern Europe.

WEIGHTS OF THE SEXES AT DIFFERENT AGES

If all the men and women, boys and girls, and infants—black, white, yellow, brown or red—in all parts of the world, could be weighed on the same scales, the average weight would be nearly 100 pounds avoirdupois. Six-pound infants and three-hundred-pound giants contribute to the average.

Upon the average, boys at birth weigh a little more and girls a little less than seven pounds. For the first twelve years the two sexes continue nearly equal in weight, but beyond that age the boys acquire a decided preponderance. Young men of twenty average 135 pounds while the young women of twenty average 110 pounds each.

Men reach their heaviest weight at about forty years of age, when their average weight will be 140 pounds; but women slowly increase in weight until fifty years of age, when their average weight will be 130 pounds. Taking the men and the women together, their weight at full growth will then average from 108 to 150 pounds; and the women from 80 to 130 pounds.

As weight increases the normal human pulse becomes slower, and then, as weight grows less, in old age, the pulse becomes faster again.

English Balsam of Aniseed

A Certain Cure for all Diseases
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Throat and Lungs

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and Croup

Specially recommended for Children when suffering from Whooping Cough and Croup. It has no equal. We received hundreds of testimonials regarding its goodness. It makes friends of every one using it.

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Our Dispensing Department is under the direct supervision of the proprietor or a competent graduate of pharmacy, and every prescription written by your doctor should be brought to us. We keep the most complete stock of Pure Drugs and Chemicals and can always fill prescriptions on short notice.

Family Medicines Prepared from your own recipes receive special attention with us. We either mix them for our customers or supply the ingredients alone. Recognizing the importance attached to the use of Pure Drugs and Chemicals in making up medicine for the sick, we exercise the greatest carefulness in purchasing same, and none but the best manufacturers' goods are kept in stock.

Dinna Forget Skin Food *For beautifying and softening the skin, preventing tan, freckles or blackheads,* use as follows: Before retiring wash the skin with warm water and good soap, then placing a little of the cream on the finger tips rub in gently until absorbed. *To prevent wrinkles,* use as directed above but massage the face for five minutes with the cream: it feeds the tissues and plumpens the cheeks. *For chapped hands,* one thorough application will cure. *For redness,* use as directed above. This cream is positively guaranteed to not cause growth of hair, and a constant use of it three times a week will insure a good complexion, providing rules of health are observed.

KEEP THE TOP OF JAR SCREWED ON TIGHT

D. E. Campbell

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