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Cook Book

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1909



1909

PUBLISHED BY

D. E. CAMPBELL

FAMILY CHEMIST

Cor. Fort and Douglas Sts.

VICTORIA, B. C.

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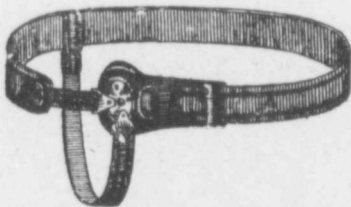
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Sick Headache
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Dizziness*

And all Liver Complaints



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EASY TO TAKE*



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D. E. CAMPBELL Family Chemist **VICTORIA, B. C.**

ECLIPSES, 1909

In the year 1909 there will be four Eclipses, two of the Sun and two of the Moon.

- I.—A Total Eclipse of the Moon, June 3, the beginning visible generally in South America, Africa, Europe and Southwestern Asia, the ending visible generally in Africa, Central and Western Europe, South America and North America except the Northwestern portion. First contact of Shadow, 55 degrees from the south point of the Moon's limb toward the East. Magnitude of Eclipse=1.164 (Moon's diameter=1.0).
- II.—A Total Eclipse of the Sun, June 17, visible to North America as far south as a line drawn from San Francisco to the mouth of the Rio Grande River, and the Northern and Eastern portions of Asia.
- III.—A Total Eclipse of the Moon, November 26-27, the beginning visible generally in North and South America and Northeastern Asia, the ending visible generally in North America, Northwestern South America, Eastern and Northern Asia and Australia. First contact of Shadow, 58 degrees from the north point of the Moon's limb toward the East. Magnitude of Eclipse=1.372 (Moon's diameter=1.0).
- IV.—A Partial Eclipse of the Sun, December 12-13, visible to the extreme southeastern tip of Australia, the southern portion of New Zealand, and the South Polar regions.

Aries, ♈ Head.



MORNING AND EVENING STARS, 1909

MERCURY will be Evening Star about January 26, May 20, and September 17 and Morning Star about March 9, July 7 and October 28.

VENUS will be Morning Star till April 28, then Evening Star the rest of the year.

JUPITER will be Morning Star till February 28, then Evening Star till September 18 and then Morning Star again the rest of the year.

CHRONOLOGICAL CYCLES, 1909

Dominical Letter.....	C.	Solar Cycle.....	14
Epact.....	8	Roman Indiction.....	7
Lunar Cycle or Golden Number.....	10	Julian Period.....	6622

NOTE.—Although the times of rising and setting of the Sun and Moon in this Almanac are calculated for TORONTO, ONT., 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.

Rice Griddle Cakes—Boil one cup of rice. Beat together three eggs, adding three cups of milk with the rice, and sift into this half a cup of flour to which a pinch of salt and Campbell's Baking Powder has been added. Fry and serve immediately.

Spice Cake—One-half cup brown sugar, one-half cup butter, one-half cup molasses, one-half cup sweet milk, two eggs, one teaspoonful cinnamon, one-half teaspoonful cloves, two teaspoonfuls Campbell's Baking Powder, two cups flour. This is nice for either a loaf or layer cake.

Raisin Puff—Two eggs, one-third cup of butter, two cups of flour, in which sift three teaspoonfuls Campbell's Baking Powder; two tablespoons of white sugar, one cup of raisins chopped very fine, one tea-cup of sweet milk. Steam one hour in an ordinary brown bread steamer. Serve with whipped cream or cold sauce.

Shortbread—One and one-quarter pounds flour, three-quarters pound of butter, one-half pound sugar. Cream the butter and sugar, beating until light; then add the flour. Mould and roll into cakes about an inch thick. Pinch them neatly round the edges, and prick them on the top with a fork. Bake slowly till a light golden brown. Some add cut citron candied peel and sprinkle caraway comits on top of each square.

Plum Cake—Two pounds raisins, two pounds currants, one pound brown sugar, one-half pound blanched almonds, cut up one-quarter pound citron, one-quarter pound lemon peel, one tea-cup of molasses, one-half pound butter, six eggs, cloves, cinnamon, nutmeg to taste, one-half cup sweet milk; one-half teaspoonful Soda, put in the last thing. Flour to make it stiff enough not to run. Brown the flour on the stove; it must be sifted before using. Bake in a very slow oven.

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This new, wonderful discovery removes Corns, Bunions or Caloused Skin without pain. A coating of the varnish protects the corn from friction, eases the pain and painlessly eats it away.

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

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D. E. Campbell
FAMILY CHEMIST

Cor. Fort and Douglas Sts.

VICTORIA, B. C.

CAMPBELL'S PRESCRIPTION STORE

1st Month.

JANUARY, 1909.

31 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellation	VICTORIA, B.C.			Moon's Phases	
				Sun Rises.	Sun Sets.	Moon Sets.		
1	FRI.	New Year's Day. <i>snow</i>		h. m.	h. m.	h. m.		
2	SAT.	General Wolfe born 1727		7 53	4 14	2 38		
3	Sun.	Epiphany		7 53	4 15	3 51		
4	MON.	Columbus Landed 1492		7 53	4 16	5 4		
5	TUES.	Canton Bombarded, 1857		7 53	4 17	6 14		
6	WED.	Fort Henry captured '62		7 52	4 18	7 19		
7	THUR.	Siberia Colonized, 1822		7 52	4 19	rises		
8	FRI.	New B. H. of C. called, 1907		7 52	4 20	5 30		
9	SAT.	Lord Nelson bur. St. P's '06		7 52	4 22	6 34		
10	Sun.	Dr. Harper, died, '06		7 51	4 23	7 40		
11	MON.	Floods in Montreal 1886		7 51	4 24	8 45		
12	TUES.	Lord Balfour born, 1849		7 50	4 25	9 49		
13	WED.	Lord Balfour born, 1849		7 50	4 27	10 54		
14	THUR.	Satolli, ap'st'lic d'gate, '93		7 49	4 28	11 58		
15	FRI.	Ed. Everett died, 1865		7 49	4 30	morn		
16	SAT.	R. B. Hayes died, '93 <i>stormy</i>		7 48	4 31	1 3		
17	Sun.	M. Field, Mill. Merch., d. '06		7 47	4 32	2 12		
18	MON.	M. Fallieres, elct. Pres. F., '06		7 46	4 34	3 24		
19	TUES.	Battle of Frenchtown, '13		7 46	4 35	4 36		
20	WED.	Gen. Mercer killed, 1777		7 45	4 37	5 47		
21	THUR.	Australia Colonized, 1788		7 44	4 38	6 54		
22	FRI.	Queen Victoria d, '01		7 43	4 40	sets		
23	SAT.	Access. of King Ed. VII '01		7 42	4 41	5 42		
24	Sun.	British Troops to Canada, '61		7 41	4 43	7 7		
25	MON.	Edward VII procl. King 1901		7 40	4 44	8 30		
26	TUES.	Judge Lazier, died, age 79		7 39	4 46	9 52		
27	WED.	Gen. Gordon killed, 1885		7 38	4 48	11 10		
28	THUR.	German Emperor b. 1859		7 37	4 49	morn		
29	FRI.	Victoria + instituted, 1856		7 35	4 51	0 26		
30	SAT.	Christian IX, Denmark, died		7 34	4 52	1 42		
31	Sun.	Frederick VII. pr'cl'ed King S.S. G. Eastern launched '58		7 33	4 54	2 56		
				7 32	4 56	4 6		

Practical-Breaks

J—By the way, who was that lady I saw you talking with this afternoon.
 F—You mean the lady with the big bustle?
 J—That's the one.
 F—She's about to open a big department store right here in town.
 J—Where will she get the money?
 F—Oh, she's got "big" backing.
 J—She reminds me of a lady that I'm well acquainted with.
 F—What's her name?
 J—Etta Mann.

F—Oh, did she?
 J—Oh, did she what?
 F—Eat a man?
 J—I didn't say anything about her eating a man.
 F—Oh, didn't you?
 J—Certainly not.
 F—I asked you her name.
 J—And I told you.
 F—What is her name?
 J—Etta Mann.
 F—She's got a name like a cannibal, hasn't she?
 J—Such foolishness.
 F—But what can you expect of a man who goes wandering around all day in a cemetery?
 J—I had a reason for going there.

Cakes, Etc.

Jellied Apples—Fill a bowl with alternate layers of thickly sliced apples and sugar, cover tightly and bake three hours in slow oven; let cool, then turn out and serve with cream.

Maple Ice Cream—One cup maple syrup, two cups cream, four eggs, one tablespoon gelatine. Soak the gelatine in a little cold water and milk; scald the maple syrup, add to it the gelatine, and when dissolved pour it over the beaten yokes of eggs. Cook until it thickens slightly, stirring constantly. When cool, add to it the stiffly-beaten whites of eggs and the cream. Freeze.

Fig Cake—One-half cup butter, one and a half cups sugar, three eggs, one small cup milk, three cups flour, three teaspoons Campbell's baking powder. *Filling*—Chop the figs fine, let stand in $\frac{1}{2}$ cup brandy or lemon juice until well soaked; cook in a double boiler, one tablespoon butter, one-half cup sugar, and two egg yokes until like a jelly, add the figs; put on top of cake and let harden, then ice with cream and pulverized sugar.

Banana Cake—For this cake use an ordinary sponge cake recipe for the layer and prepare the filling as follows: Mash two bananas, which have been thoroughly chilled, through a colander, and sprinkle the juice of one small lemon over the pulp; add the white of an egg and beat until white and foamy; have ready one large cupful of granulated sugar boiled with half a cupful of water until it forms a soft ball when dropped in water; pour this syrup slowly over the banana cream, beating briskly all the while; when all the syrup has been consumed, add one teaspoonful of granulated gelatine, which has been dissolved in a tablespoonful of water; beat until the mixture becomes cold and begins to thicken then spread it lightly between the layers of cake and over the top.

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Rose Leaf Face Powder

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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 skilful manner as to produce the most gratifying results; 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.

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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, 1909.

28 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellation	VICTORIA, B.C.			Moon's Phases	P. E. ISLAND	TORONTO	WINNIPEG	VICTORIA
				Sun Rises	Sun Sets	Moon Sets					
1	MON.	De Cassagnoc died, 1880 <i>frost</i>		h. m.	h. m.	h. m.					
2	TUES.	<i>Purification</i>		7 30	4 57	5 10	D.				
3	WED.	Dr. Nesbitt, r. O. L. '06		7 29	4 59	6 7	H.				
4	THUR.	John Rogers burnt, 1555		7 27	5 0	6 55	M.				
5	FRI.	Dr. Nesbitt re'n's Par		7 24	5 4	5 27	M.				
6	SAT.	Sir Henry Irving born 1838		7 23	5 5	6 33	M.				
7	Sun.	<i>Septuagesima Sunday</i>		7 21	5 7	7 39	a.				
8	MON.	Pope Pius IX died '78		7 20	5 8	8 43	D.				
9	TUES.	Treaty of Paris, 1693		7 18	5 10	9 46	H.				
10	WED.	H.M.S. Dreadn'ght laun. '06		7 16	5 12	10 51	M.				
11	THUR.	Thos. A. Edison born 1847		7 15	5 14	11 56	M.				
12	FRI.	British Mission tr. China		7 13	5 15	morn	M.				
13	SAT.	New B. H. of C. as'd, '06		7 12	5 17	1 4	a.				
14	Sun.	<i>Sexagesima Sunday</i> <i>fair</i>		7 10	5 19	2 14	M.				
15	MON.	Marcus A. Hanna died 1904		7 8	5 21	3 24	D.				
16	TUES.	Jap.-Amer. school agreement		7 6	5 22	4 33	H.				
17	WED.	Battle of Paardeberg, '00		7 5	5 24	5 34	M.				
18	THUR.	J. A. McCall, died, age 57		7 3	5 25	6 27	H.				
19	FRI.	B. P. op. by King Ed. '06		7 1	5 27	sets	M.				
20	SAT.	Tumult in Paris, 1848		6 59	5 29	5 50	M.				
21	Sun.	<i>Quinquagesima Sunday</i> <i>sleet</i>		6 57	5 30	7 24	a.				
22	MON.	Geo. Washington born 1732		6 56	5 32	8 47	D.				
23	TUES.	1st Transvaal Ministry, 1907		6 54	5 33	10 8	H.				
24	WED.	<i>Ash Wednesday</i>		6 52	5 35	11 28	M.				
25	THUR.	Wallenstein died, 1634		6 50	5 37	morn	H.				
26	FRI.	R.R. Livingstone died, '13		6 48	5 38	0 45	M.				
27	SAT.	Gen. Cronje sur'nd's, 1900		6 46	5 40	1 58	M.				
28	Sun.	<i>1st Sunday in Lent</i> <i>showers</i>		6 44	5 41	3 6	a.				

J—Oh, you did?
 J—Yes. You see, I had been given an order to write a play.
 F—But what had that to do with being in a cemetery?
 J—I was looking for a plot.
 J—By the way, how is your wife, Fred?
 F—Run down.
 J—Over work?
 F—Nope, under automobile.
 J—How did that happen?
 F—Cross-eyed chauffeur.
 J—Didn't he look where he was going?
 F—Yep, but didn't go where he was looking.
 J—And yet automobiling is fine sport?
 F—Yes, indeed. I paid ten dollars fine to-day.

J—What business are you in?
 F—Bee culture.
 J—How is business?
 F—Humming. By the way, I heard a rumor that you had fallen and hurt your head?
 J—Nothing in it.
 F—Yes, I know; but did you hurt it badly?
 J—There's nothing the matter with my head. It's you that isn't looking well to-day.
 F—I'm not feeling well.
 J—What's the matter?
 F—I ate a chicken for lunch.
 J—Why should that effect you?
 F—I can feel the chicken "laying" on my stomach.
 J—Is that the best joke you can tell?
 F—No, indeed; I've got a story about a sponge.
 J—Is it interesting?
 F—Very "absorbing."

Cakes, Etc.

Jelly Roll—Three eggs beaten separately, three-quarter cup sugar, four tablespoons milk, one cup flour, two teaspoons Campbell's baking powder. Add whites last.

Beautiful Layer Cake—Small cup of sugar. Butter the size of an egg. Beat together into a cream; add three tablespoons milk; three eggs, (the yolks and whites beaten separately); two teaspoons Campbell's Baking Powder; full cup flour; flavoring to taste; medium oven.

Drop Cookies—One cupful of sugar, one-half cupful butter, one cupful milk, whites of two eggs, two spoonfuls Campbell's Baking Powder, one-half nutmeg, flour enough to stir very stiff. Drop in small spoonfuls on a buttered tin, sprinkle the top with English currants and sugar, and bake quickly. These are very fine.

Whole-Wheat Gems—Stir two slightly beaten eggs into a pint of warmed milk, and add to them a teaspoonful of brown sugar and a tablespoonful of butter, melted. Beat in, a little at a time, a cup and a half of whole-wheat flour, or enough to make a good batter, using the spoon vigorously and beating the batter well up from the bottom. Have ready gem-pans, greased and heated, and turn the batter into these. Bake in a very hot oven. Graham gems may be made in the same way.

Boston Brown Bread—Sift together $1\frac{1}{2}$ cups each of cornmeal and white or whole-wheat flour, with a half-teaspoonful of salt. Stir into them a half-cup of molasses and a whole cup of sweet milk. Beat well, dissolve a scant teaspoonful of soda in a little boiling water, whip this into the batter, turn it into a well-greased Boston brown bread mould, cover tightly, and boil steadily for three hours. Turn it out on a flat dish, when done, and set it in the oven for five minutes to dry off before sending to table.

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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 APPLE

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, 1909.

31 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellation	VICTORIA, B.C.			Moon's Phases		
				Sun Rises.	Sun Sets.	Moon Sets	Full Moon.	Last Quarter.	New Moon.
1	MON.	Pan-American opened, 1901	♊	h. 6 42	h. 5 43	h. 4 6			
2	TUES.	John Wesley died 1791	♋	6 40	5 45	4 55			
3	WED.	Dewey made Admiral, 99	♌	6 38	5 46	5 35			
4	THUR.	Resig. Gov. Swettenham, Jam.	♍	6 37	5 48	6 8			
5	FRI.	1st American Congress	♎	6 35	5 49	6 35			
6	SAT.	Madame Albani's Conct	♏	6 33	5 51	rises			
7	SUN.	R. Jaffray ap'd Senator	♐	6 31	5 52	6 34			
8	MON.	E. Cochrane, M.P., died, '07	♑	6 29	5 54	7 38			
9	TUES.	Arch'p O'Brien, died, '06	♒	6 26	5 55	8 43			
10	WED.	Justice Field died, '94	♓	6 24	5 57	9 48			
11	THUR.	Salisbury ref. Boers indep. '00	♈	6 22	5 58	10 55			
12	FRI.	1st London daily paper, 1702	♉	6 20	6 0	morn			
13	SAT.	Gustavus dethroned, 1809	♊	6 18	6 1	0 4			
14	SUN.	L.-G. Jones, N.S. dead	♋	6 16	6 3	1 12			
15	MON.	1st Ses'n Alberta Leg., '06	♌	6 14	6 4	2 19			
16	TUES.	Rail'y Ac't in Denver	♍	6 12	6 6	3 22			
17	WED.	St. Patrick's Day	♎	6 10	6 7	4 15			
18	THUR.	Compl. Suez Canal	♏	6 8	6 9	5 0			
19	FRI.	Lucknow taken, 1858	♐	6 6	6 10	5 36			
20	SAT.	Spring begins <i>clearing</i>	♑	6 4	6 12	6 4			
21	SUN.	New Liq. Li'ce Bill, Ont.	♒	6 2	6 13	sets			
22	MON.	Father Ryan died, 1886	♓	6 0	6 15	7 41			
23	TUES.	Aquinaldo captured, '01 <i>cold</i>	♈	5 58	6 16	9 2			
24	WED.	Longfellow died 1882	♉	5 55	6 18	10 25			
25	THUR.	Annunciation	♊	5 53	6 19	11 44			
26	FRI.	1st ar. Sealer "Harlaw"	♋	5 51	6 21	morn			
27	SAT.	Judge Fraser ap. L.-G. of N.S.	♌	5 49	6 22	0 56			
28	SUN.	Can. ceded to France 1632	♍	5 47	6 24	2 1			
29	MON.	1st Leg. in Saskatchewan	♎	5 45	6 25	2 55			
30	TUES.	Crimean war ended 1856	♏	5 43	6 27	3 38			
31	WED.	Earl Grey, G.-G. in N.Y.	♐	5 41	6 28	4 12			

F—Do you know who invented electric light?
 J—Edison.
 F—No, it was Noah when he put the animals out he made the ark light.

J—I met a young lady on the street and said to her "Good morning, Glory." She said "Why don't you call me by my right name. Call me Feathers." I said I was tired of calling her down. I asked her what she was running for this morning. She said "Your brother acted as if he was going to kiss me." She never ran so fast in her life. I asked her if she caught him. I told her that my brother said she was a perfect lady. She said "Your brother doesn't know me." I said "That's what I told him."

J—I am very fond of electricity.
 F—Yes, the grocery man told me that you liked to have everything charged.
 J—At our house we use electricity for heating and cooking, we even have an electric fan.
 F—If you keep on you will get an electric chair.

J—Say, don't you think every time a married couple quarrel they should write it down in a book.
 F—What kind of a book?
 J—A scrap book:

F—You can always tell a strong minded woman.
 J—Yes, but you cannot tell her much.

Cakes, Etc.

Fried Cakes—Two eggs, one cup sugar, one cup mashed potatoes, four tablespoons of butter, two teaspoons of Campbell's Baking Powder, one cup milk; roll and cut with a round cutter; fry in boiling lard.

Corn Starch Cake—One cup granulated sugar, one-half cup of butter (creamed), three whites of eggs, one-half cup cornstarch, one-half cup sweet milk, one cup flour, one teaspoon Campbell's Baking Powder; blend all thoroughly; bake in moderate oven.

Lemon Sponge—One pint boiling water, have it boiling on the stove, then add two tablespoons of corn starch, one cup of white sugar and the whites of two eggs well beaten; then put in a mould. Make sauce of the eggs well beaten and half-cup milk; have milk hot and stir in the eggs, and flavor with juice of half lemon. Serve cold.

Oatmeal Puffs—Sift together one-half pint oatmeal, one-half pint Graham flour, one-half pint wheat flour, one teaspoonful sugar, one-half teaspoonful salt, two teaspoonfuls of Campbell's Baking Powder; add three well-beaten eggs, pint sweet milk. Mix into a thin batter, then half fill well-greased gem-pans, and bake in hot oven ten to fifteen minutes. Serve hot.

Rock Cake—One cup butter, 2 teaspoons Campbell's Baking Powder, 1 cup sugar, 2 eggs, 4 cups flour, 1 cup currants, grated nutmeg, vanilla and lemon; cream the butter; add the sugar; then the eggs, beating well; now add the vanilla and lemon; flour the currants; add them; put the baking powder, nutmeg and flour together and sift into the batter. It will be necessary to knead in a portion of the flour with the hand; take portions about the size of an egg and press down with a fork; bake in a moderate oven.

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., Etc. 25c. a Box.

D. E. CAMPBELL

Family Chemist

VICTORIA

B. C.

CAMPBELL'S PRESCRIPTION STORE

4th Month.

APRIL, 1909.

30 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Con- stellation	VICTORIA, B.C.			Moon's Phases	P. E. ISLAND	TORONTO	WINNIPEG	VICTORIA
				Sun Rises	Sun Sets	Moon Sets					
1	THUR	All Fool's Day <i>chgble</i>	♈	h. m. 5 39	h. m. 6 29	h. m. 4 40					
2	FRI.	Zion City Trans. '06	♈	5 37	6 31	5 2					
3	SAT.	Earthquake in Scio., 1881	♈	5 35	6 32	5 22					
4	Sun.	<i>Palm Sunday</i>	♈	5 33	6 34	5 40					
5	MON.	Rt. Rev. Mons Scott d'd '01	♈	5 31	6 35	rises					
6	TUES.	Eruption of Mt. Vesuvius	♈	5 29	6 36	7 40	D. 5 4	H. 4 28	M. 3 13	a. 13	10 30
7	WED.	Margaret Mather died, '98	♈	5 27	6 38	8 46					
8	THUR.	Prof. N. S. Shaler, died	♈	5 25	6 39	9 56					
9	FRI.	Good Friday	♈	5 23	6 41	11 5					
10	SAT.	General Booth born 1829	♈	5 21	6 42	morn.					
11	Sun.	<i>Easter Sunday</i>	♈	5 19	6 44	0 14					
12	MON.	<i>Easter Monday</i>	♈	5 17	6 45	1 16					
13	TUES.	Talmage ded, 1902	♈	5 15	6 47	2 11					
14	WED.	Lincoln assassinated, '65	♈	5 13	6 48	2 57					
15	THUR.	Reill expelled, 1874	♈	5 11	6 50	3 34					
16	FRI.	Buffon died, 1788	♈	5 9	6 51	4 4					
17	SAT.	Bill creating Crim. C. Appeal	♈	5 7	6 53	4 31					
18	Sun.	<i>Low Sunday</i>	♈	5 5	6 54	4 53					
19	MON.	Mr. Asquith's 2nd Budget	♈	5 3	6 56	sets					
20	TUES.	Toronto \$10,000,000 fire	♈	5 1	6 57	7 54	D. 2 5	H. 2 0	M. 2 0	a. 2 0	13 13
21	WED.	Sir Oliver Mowat, died '03	♈	4 59	6 58	9 19					
22	THUR.	Napoleon III born 1808	♈	4 57	7 0	10 37					
23	FRI.	<i>St. George</i>	♈	4 56	7 1	11 47					
24	SAT.	H. M. S. Retribution arr.	♈	4 54	7 3	morn.					
25	Sun.	Oliver Cromwell born 1599	♈	4 52	7 4	0 47					
26	MON.	Roosevelt opens Jam. Ex.	♈	4 50	7 5	1 36					
27	TUES.	Ellen Terry, act., jub. '06	♈	4 48	7 7	2 15					
28	WED.	Salisbury Cathedral fd. 1220	♈	4 47	7 8	2 44					
29	THUR.	Sir J. Hagarty died, 1900	♈	4 45	7 10	3 9					
30	FRI.	Mrs. George acqu't'd, '99	♈	4 43	7 11	3 29					

F—What is the hardest thing to deal with?
J—An old deck of cards.

J—What leaves are those that don't wither by the sun?
F—Table Leaves.

F—Last week my tennis racket fell down a well, but my brother got it up for me again.
J—I don't know anyone who can raise a "Racket" better than your brother.

F—My brother is the most punctual man I ever saw. He is a locomotive engineer.
J—My brother has got him skinned.
F—Why how is that?
J—He is leader of an orchestra and beats time.

Fred—Have you heard the story of the peacock?
Jim—No, what is it?
Fred—It's a beautiful tale.

J—Do you know, Fred, I have the best girl in the world. When I left her last night I asked if she would always be true and she says, "Don't be gone long."
F—Do you think as much of her as you want her to think of you?
J—Why, yes, I worship the very ground that is coming to her.

F—Do you know the extreme penalty for bigamy in this country?
J—No, what is it?
F—Why, two mothers-in-law.

Cakes, Etc.

Spanish Bun—Two eggs, small cup sugar, butter size of a large egg, one-half cup milk, one-quarter teaspoonful cloves, three small teaspoonfuls cinnamon, two teaspoonfuls Campbell's Baking Powder, one large cup of flour.

Macaroons—One tablespoon butter, one cup white sugar, two cups rolled oats, one-half teaspoon salt, one teaspoon Campbell's Baking powder, two eggs beaten separately, one teaspoon bitter almonds; bake very quickly on greased pan.

Egg Rolls—Two eggs, well beaten, one small cup of milk, one tablespoonful of lard or melted butter, two teaspoonfuls Campbell's Baking Powder, and enough flour to make a stiff biscuit. Roll out, cut desired size, bake in a hot oven. Nice biscuit for tea. If liked, add two tablespoonfuls of white sugar.

Seed Cake—One cup of butter, two cups granulated sugar (scant), one cup of milk, three cups of flour, three teaspoonfuls Campbell's Baking Powder (heaping), whites of six eggs, heaping teaspoonful of caraway seeds. Cream the butter and sugar, add milk, half the stiffly beaten whites and half the flour and Magic Baking Powder, then the rest of the whites and the flour and the seeds. Beat well and bake in two small loaves or one large one. Ice while warm.

Muffins—For one dozen muffins use one pint flour, one-half pint milk, two teaspoonfuls Campbell's Baking Powder, one-half teaspoonful salt, two tablespoonfuls of sugar, two tablespoonfuls melted butter, two eggs. Mix the dry ingredients and sift them well. Beat the eggs light and add the milk to them. Add this to the dry ingredients and add the melted butter. Beat the batter vigorously for a few seconds. Put on buttered muffin pans and bake in a hot oven about twenty minutes.

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Electric Liniment

the well-known remedy
for the relief and cure of

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

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**Sore, Tired, Tender,
Aching or Swollen Feet**

Price 25c. Box by Mail

D. E. Campbell

Family Chemist

Cor. FORT and DOUGLAS STREETS

VICTORIA - B. C.

5th Month.

MAY, 1909.

31 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Con- stellation	VICTORIA, B.C.			Moon's Phases		
				Sun Rises	Sun Sets	Moon Sets	First Quarter	Last Quarter	Full Moon
				h. m.	h. m.	h. m.			
1	SAT.	W. Sherring won at Athens	♈	4 41	7 12	3 47			
2	Sun.	First sod turned C.P.R. 1881	♈	4 40	7 14	4 4			
3	M.N.	Napoleon I. died, 1811 <i>wind</i>	♈	4 38	7 15	4 21			
4	TUES.	Battle of Oswego, 1814	♈	4 37	7 17	4 40			
5	WED.	Socrates died, B.C. 399	♈	4 35	7 18	riser			
6	THUR.	Napoleon Bonaparte died '21	♈	4 33	7 19	8 55			
7	FRI.	Hon. Beck's Power Bill intro'd	♈	4 32	7 21	10 5			
8	SAT.	Treaty Washington sign. '71	♈	4 30	7 22	11 10			
9	Sun.	Batoche taken, 1885	♈	4 29	7 24	morn			
10	MON.	Rob'ts enters Kr'nstadt, '00	♈	4 27	7 25	0 9			
11	TUES.	Batoche taken, 1885	♈	4 26	7 26	0 58			
12	WED.	Roberts occup. Kroonstad	♈	4 25	7 28	1 37			
13	THUR.	Longshoremen's strike, '03	♈	4 23	7 29	2 8			
14	FRI.	Mafeking relieved, '00 <i>fair</i>	♈	4 22	7 31	2 34			
15	SAT.	Trial by Jury, '970	♈	4 21	7 32	2 57			
16	Sun.	Quebec fire, 1899	♈	4 20	7 33	3 17			
17	MON.	St. car strike at Albany, '01	♈	4 19	7 34	3 40			
18	TUES.	Czar of Russia born 1868	♈	4 17	7 36	4 5			
19	WED.	Montreal riot, 1832	♈	4 16	7 37	sets			
20	THUR.	<i>Ascension Day</i>	♈	4 15	7 38	9 25			
21	FRI.	Kidd executed, 1701 <i>chgble</i>	♈	4 14	7 39	10 32			
22	SAT.	N.S. Leg. dissolved	♈	4 13	7 40	11 28			
23	Sun.	Emilio Castelar died 1899	♈	4 11	7 42	morn			
24	MON.	Victoria Day <i>fair</i>	♈	4 10	7 43	0 12			
25	TUES.	Paris Commune sur'd'd, '71	♈	4 9	7 44	0 47			
26	WED.	Free State annexed, '00	♈	4 8	7 45	1 13			
27	THUR.	Ben Perley Poore, died, '87	♈	4 7	7 46	1 34			
28	FRI.	Mutiny of the Bounty, 1789	♈	4 7	7 47	1 53			
29	SAT.	Trouble in Guatamala '06	♈	4 6	7 48	2 10			
30	Sun.	<i>Whit Sunday</i>	♈	4 5	7 49	2 27			
31	MON.	King Alfonso XIII. mar'd, '06	♈	4 4	7 50	2 44			

J—Your wife has a voice like velvet.
F—Don't talk so loud. If she heard you I should have to get her a new dress to match it.

J—You are looking worried.
F—I ought to be. My sister has suddenly become lightheaded.
J—Fever?
F—No, peroxide.

F—Your father looks like a sick man.
J—Half a dozen doctors have given him up different times.
F—What is the matter with him?
J—He won't pay the bills.

J—Say, is your wife a good cook?
F—I don't say much about that. When I told her that she did not make the pies my mother used to make, she told me I did not make the dough her father used to make.

J—While mining up in the Cobalt, I found some fine nuggets of silver.
F—What shape were they?
J—Oblong.
F—You say they were oblong shape.
J—Yes, sir.
F—Were they as long as my head?
J—Yes, but not nearly as thick.

Puddings, Etc.

Cheap Plum Pudding—Two cups of flour one teaspoon Campbell's Baking Powder, one-half teaspoon of cinnamon, one-half cup of suet, one-half cup raisins, one egg, one-half cup molasses, one-half cup of milk. Steam three hours.

Prune Pudding—1 pound prunes, stew and remove the pits; whites of four eggs beaten very stiff, and three tablespoons white sugar. Put sugar and whites of eggs together; add prunes. Bake one-half hour. Serve with cream.

Carrot Pudding— $\frac{1}{4}$ pound grated currants, one-quarter pound breadcrumbs, one-quarter pound suet, one-quarter pound flour, one-quarter pound currants or sultanas, one large tablespoonful of treacle, one-quarter of the rind of a lemon grated. Mix well together with a little milk, and boil in a basin, or mould, for an hour and a half.

Plain Ginger Pudding— $\frac{3}{4}$ cup suet, two cups flour, one-half teaspoonful salt, three large tablespoons brown sugar, three large tablespoons molasses, two teaspoons Campbell's Baking Powder, one large teaspoon ground ginger, a small grating of nutmeg, one-half cup of sweet milk, one-half cup cold water. Line a melon mould with raisins, pour in the batter, and steam for two and one-half hours.

Split Pea Pudding—Soak two cups of split pease over night. In the morning put them into a double boiler with water to cover them. Slice one onion with them, and cook all together for a couple of hours, or until the pease are soft. Drain, rub through a colander, season with pepper and salt, and beat in a tablespoonful of melted butter and two eggs, whipped light. Turn into a buttered mould, boil one hour, turn out and serve. The pudding is sliced and eaten as a vegetable. A good white sauce is an excellent addition to the dish.

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D. E. CAMPBELL
Family Chemist
Cor. Fort and Douglas Sts.
VICTORIA, B. C.

6th Month.

JUNE, 1909.

30 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellation	VICTORIA, B.C.			MOON'S PHASES		
				Sun Rises	Sun Sets	Moon Sets	Full Moon	Last Quarter	New Moon
1	TUES.	General Shields died, '79 <i>fair</i>	♈	h. m.	h. m.	h. m.			
2	WED.	Peace in South Africa, '02	♈	4 4	7 51	3 4			
3	THUR.	Sir R. G. Reid died, '08	♈	4 3	7 52	3 27			
4	FRI.	Pretoria captured, '00	♈	4 2	7 53	rises			
5	FRI.	Maxwell convicted, 86	♈	4 2	7 54	9 2			
6	SUN.	Trinity Sunday <i>able</i>	♈	4 1	7 55	10 4			
7	MON.	Pr. Fushimi, Japan, ar. Que.	♈	4 1	7 56	10 57			
8	TUES.	Thos. Paine died, 1809	♈	4 0	7 57	morn			
9	WED.	Chas. Dickens died, 1870	♈	4 0	7 58	0 12			
10	THUR.	Corpus Christi	♈	4 0	7 59	0 39			
11	FRI.	St. Barnabas	♈	3 59	7 50	1 2			
12	SAT.	New York incorp. 1665	♈	3 59	8 0	1 24			
13	SUN.	J. G. Brown died '96 <i>change-</i>	♈	3 58	8 0	1 45			
14	MON.	Tre'ty France, Eng., Spain, '07	♈	3 58	8 1	2 6			
15	TUES.	Magna Charta signed,	♈	3 58	8 1	2 32			
16	WED.	Sir Cavendish Boyle ar.	♈	3 58	8 2	3 2			
17	THUR.	Jerome Bonaparte d., '70	♈	3 58	8 2	sets			
18	FRI.	Battle of Waterloo, 1815	♈	3 58	8 3	9 17			
19	SAT.	Forest Fires, N. Ontario, '07	♈	3 58	8 3	10 7			
20	SUN.	Murray Gov. el. N. S. '06	♈	3 58	8 3	10 45			
21	MON.	Summer begins	♈	2 59	8 3	11 14			
22	TUES.	Can. Mfr. guests K. & Q. '05	♈	2 59	8 4	11 38			
23	WED.	Halifax founded, 1749	♈	4 0	8 4	11 58			
24	THUR.	St. John Baptist	♈	4 0	8 4	morn			
25	FRI.	Parnell died, 1891	♈	4 0	8 4	0 16			
26	SAT.	Chicago An'rc'ts p'n'd	♈	4 1	8 4	0 33			
27	SUN.	Corn's Vanderbilt born	♈	4 1	8 4	0 49			
28	MON.	Russ. Par. In. '06	♈	4 2	8 4	1 7			
29	TUES.	St. Peter and St. Paul	♈	4 2	8 4	1 27			
30	WED.	Halifax & Ber. cable com. '90	♈	4 3	8 4	1 53			

F—I went into a restaurant the other day to get my dinner. The waiter asked me what I would have. I asked him if they had several different things, which he told me they hadn't and when I asked him what they did have he said, "steak" and I said "think of making a dinner of steak" and he admitted it was pretty tough. I asked him to bring it to me and told him I wanted to see if it was rare. He said "Rare, it is the only one of its kind." Finally I decided to take some chicken soup, which when I tasted I did not like and told the waiter so, and he told me that this preparation was a favorite of General Brock's. I told him that I did not doubt it and that in General Brock's time probably it would have tasted all right.

J—When I was in the city I took sick and had to see a doctor. He asked me where I suffered most pain. I told him in the middle of the night. He told me to go home and take a dose of quinine and soak my feet. I said, "Doc, I have been in pretty hard luck before but I never had to soak my feet." The next day he came around to see me. He asked me how I rested and I said "I went to bed between eleven and twelve." He said that was too many for one bed. He said "I can see some change in you." I said, "You ought to, I have just swallowed fifteen cents." He said, "Well to-night before you go to bed I want you to swallow a spoon so that in the morning you will be able to stir."

Puddings, Etc.

Turkish Delight—One oz. gelatine, one cup water, two cups sugar, juice and rind of one lemon and one orange. Soften gelatine in half of the water. Boil sugar in other half and when clear add gelatine, rind and juice. Boil twenty minutes.

Charlotte Russe—One cup cream, one-quarter oz. gelatine, one-half cup water, two tablespoons sugar, one teaspoon flavoring. Soften gelatine in one-quarter cup of cold water, then dissolve by adding one-quarter cup boiling water. Stir until dissolved. Sugar may be added and flavoring. Whip cream and add gelatine slowly. Line mould with cake and pour in mixture.

Cheese Pudding—Heat a pint of milk in a double boiler with a tiny pinch of baking soda. As soon as it is warm put in one cupful of bread crumbs and let them soak for ten or fifteen minutes. Beat two eggs light, add these and a tablespoonful of butter to the bread and milk, and then stir in a cupful of grated cheese. Season to taste with salt and red pepper, and turn into a pudding dish. Bake in a quick oven, covered, for fifteen minutes, uncover and brown. It must be eaten as soon as it is done, as it falls very quickly.

Miscellaneous Recipes

Winter Salad—Two cups of finely-chopped cabbage, one cup of chopped boiled beet root, one cup of chopped celery, two hard boiled eggs minced; tablespoonful horseradish and brown sugar; half teaspoon dry mustard; mix all together; break an egg in a sauce-pan, add half cup of vinegar, butter size of walnut; stir over fire till thick; do not boil; pour over salad, toss lightly, and serve cold.

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Family Chemist

Cor. Fort and Douglas Sts.

VICTORIA . B. C.

CAMPBELL'S PRESCRIPTION STORE

17

7th Month.

JULY, 1909.

31 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Con- stellation	VICTORIA, B. C.			Moon's Phases			
				Sun Rises	Sun Sets	Moon Sets	First Quarter.	New Moon....	Last Quarter.	Full Moon....
1	THUR.	 Dominion Day <i>warm</i>		h. m.	h. m.	h. m.				
2	FRI.	Big Bear capt'd, '85		4 3	8 4	2 24				
3	SAT.	St. Mich'ls Mis. ded'd		4 4	8 3	3 4				
4	Sun.	Independence Day <i>showery</i>		4 5	8 3	9 36				
5	MON.	John Scott born, '24		4 6	8 3	10 13				
6	TUES.	Sir Geo. White, V.C. born '35		4 7	8 2	10 43				
7	WED.	British oc'py Bethlehem,		4 7	8 2	11 8				
8	THUR.	Rt. Hon. Jos. Ch'mb'rl'n b. '36		4 8	8 1	11 30				
9	FRI.	Edmund Burke died 1797		4 9	8 1	11 51				
10	SAT.	Miss Dix died, '87		4 10	8 0	morn				
11	Sun.	Pension law to ex-C. M. rep'd		4 11	8 0	0 12				
12	MON.	Battle of the Boyne, 1690		4 11	7 59	0 36				
13	TUES.	Rev'n in Eng'l'd, 1688		4 12	7 59	1 3				
14	WED.	Paul Kruger died 1904		4 13	7 58	1 37				
15	THUR.	Stony Point taken, 1788 <i>warm</i>		4 14	7 57	2 19				
16	FRI.	Reid Crystal Hall dis. '07		4 15	7 56	3 10				
17	SAT.	Excessive heat wave, '04		4 16	7 56	sets				
18	Sun.	Lady Curzon of Ked. d. 1906		4 17	7 55	9 15				
19	MON.	Battle of Winchester, 1864		4 18	7 54	9 41				
20	TUES.	Pope Leo XIII died, '03		4 19	7 53	10 1				
21	WED.	Bob Ingersoll died, '99		4 20	7 52	10 20				
22	THUR.	Russell Sage, Am. fin. d. '06		4 22	7 50	10 38				
23	FRI.	Gen. Grant died, '85 <i>clearing</i>		4 23	7 49	10 54				
24	SAT.	Battle of Niagara, 1813		4 24	7 48	11 12				
25	Sun.	Bell Isl'd strikes settled, '00		4 25	7 47	11 31				
26	MON.	Robt. Fulton born, '65		4 26	7 46	11 54				
27	TUES.	Fort George taken, '13		4 28	7 44	morn				
28	WED.	Bos. Old Home Weekers		4 29	7 43	0 22				
29	THUR.	Comet visible, '03		4 30	7 42	0 58				
30	FRI.	J.L. Toole, Eng. actor, d. '06		4 31	7 41	1 44				
31	SAT.	Judge Street, dd, '06 <i>warm</i>		4 33	7 39	2 44				

F—I could die singing.
 J—Somebody will catch you at it some day and its a sure thing you will.

F—When I was walking down the street I saw a nice rosy apple just inside the fence.
 J—Did you get it?
 F—No, but I saw the fence pick-et.

J—How many cans of tomatoes can two men can?
 F—I don't know how many cans of tomatoes two men can can, but I know two men can can more cans than one man can can.

J—Do you want to see something swell?
 F—Yes.
 J—Drop a sponge in water.

J—I haven't always been poor, I used to ride in my own carriage.
 F—When was that?
 J—When I was a baby.

F—I have a brother that played on the piano when he was four years old.
 J—That's nothing, I played on the floor when I was a year old.

Miscellaneous Recipes

Cabbage and Celery Salad—Mix equal parts of fine cut celery and shredded cabbage together with one cup salad dressing. Mix half tablespoon each of salt and mustard and one cup sugar, add one egg slightly beaten and two and a half tablespoons butter.

Fish Entree—One can salmon, two or three eggs, well beaten; one cup bread crumbs, a little pepper and salt, a small piece of butter. Put in a bowl and steam two hours. Serve with a drawn-butter sauce, in which can be added two hard boiled eggs, chopped fine.

Potato Salad—Cut up five or six potatoes in small pieces and if you have fresh onion or cucumber mix a few pieces up with them (cut very finely). For the dressing take one cup vinegar, two table-spoonfuls sugar, two eggs, one teaspoonful dry mustard, a little pepper and salt. Put on the stove and stir all the time till thick. If too thick add a little cream when cold. Pour over the potatoes an hour or two before using.

Vegetable Puree—Ingredients.—Onions, carrots potatoes (boiled first), beans of any kind, parsnips, celery, peas, leek, turnips, cauliflowers, etc. Directions.—Cut up a large plateful of any and all kinds of vegetables you happen to have—always having potatoes or beans for thickening. First, put into a saucepan a teacup of dripping or stock-fat, and when very hot add the sliced onions; stir well to prevent them burning, and when they are red stir in a large spoonful of flour till it is of the same color. Now stir in a pint of hot water and some pepper and salt—mind not to add the pepper and salt at first, as the onions and flour would then more readily burn. Now add the rest of the vegetables, and let them simmer, adding more hot water as necessary, for two hours; then press them through a colander, return them to the range and let them simmer till the moment of serving.

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AND

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50c. per Oz.

AGENT

D. E. CAMPBELL
FAMILY CHEMIST

COR. FORT and DOUGLAS STS.
VICTORIA, B. C.

8th Month.

AUGUST, 1909.

31 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellation	VICTORIA, B.C.			Moon's Phases
				Sun Rises	Sun Sets	Moon Rises	
1	Sun.	Battle of Nile, 1798		h. m.	h. m.	h. m.	
2	MON.	Battle of Blenheim, 1704		4 37	7 38	8 43	rises
3	TUES.	Great Fire in Italy, '06		4 36	7 36	8 43	
4	WED.	Card. Larto, Pope, '03		4 37	7 35	9 11	
5	THUR.	Tecumseh def. U.S. tr'ps '12		4 38	7 34	9 33	
6	FRI.	Battle of Woerth, 1870		4 40	7 32	9 55	
7	SAT.	Queen Caroline died, 1821.		4 41	7 31	10 16	
8	Sun.	Trans. Republic proc. '81		4 43	7 29	10 39	
9	MON.	King Ed. VII. crown'd '02		4 44	7 28	11 5	
10	TUES.	Wellington enters Madrid		4 45	7 26	11 36	
11	WED.	Savannah evacuated, '82		4 46	7 24	morn	
12	THUR.	Albert Gallatin died, 1849		4 48	7 23	0 16	
13	FRI.	Teemer defeats Hanlan, 1887		4 49	7 21	1 3	
14	SAT.	Lord Clyde died, 1863		4 50	7 19	2 0	
15	Sun.	Napoleon I. born 1769		4 51	7 17	3 4	
16	MON.	Earthquake at Chili, '06		4 53	7 16	sets	
17	TUES.	Comet of 1862 <i>changeable</i>		4 54	7 14	8 5	
18	WED.	Capt. Wollan sentenced,		4 56	7 13	8 26	
19	THUR.	Naval Review, 1903		4 57	7 11	8 43	
20	FRI.	Wayne defeats Indians, '04		4 58	7 9	8 59	
21	SAT.	Fire at Haileybury, '06		5 0	7 7	9 15	
22	Sun.	Lord Salisbury died 1903		5 1	7 5	9 33	
23	MON.	Wallace beheaded, 1305		5 3	7 3	9 54	
24	TUES.	St. Bartholomew		5 4	7 1	10 19	
25	WED.	Herchie died 1822		5 5	6 59	10 50	
26	THUR.	Louis Phillippe died, 1850		5 7	6 57	11 30	
27	FRI.	Prince Consort born, 1819		5 8	6 56	morn	
28	SAT.	Slavery abol. in Brit. Emp. '25		5 10	6 54	0 24	
29	Sun.	Russia-Jap war set'd, '05		5 11	6 52	1 29	
30	MON.	Battle of Plevna, 1877		5 12	6 50	2 45	
31	TUES.	Camoens d'ed, 1567		5 14	6 48	rises	
				5 15	6 46	7 34	

J—Your wife should go into politics.
 F—Why?
 J—She would be sure to become the speaker of the house.
 ———
 F—Can you tell me why umbrellas should be made square?
 J—No, why?
 F—Because it is not safe to leave them round.
 ———
 J—My brother used to have a terrible habit of sleeping in church, but he broke himself of it.
 F—How?
 J—Quit going.

J—What is good for seasickness?
 F—Give it up.
 ———
 F—Why did the boy stand on the burning deck?
 J—Because it was too hot for him to sit down.
 ———
 J—By the aid of a telephone a man can talk to his wife fifty miles away.
 F—I guess you ain't married.
 J—How can you tell?
 F—Because if you were you would know that a man does not have a chance to talk. All he is able to do is listen. Now, ever since my wife read that money talks, she has not asked me for a penny.

Miscellaneous Recipes

Cream of Spinach Soup—Boil 2 quarts of spinach until tender in salted boiling water, to which has been added a tiny pinch of baking soda. When tender, drain the spinach and rub through a colander. Have ready a quart of milk thickened with a tablespoonful each of butter and flour, stir the spinach into this, season and serve.

Tomato Bisque Soup—One quart of tomatoes, three pints of milk, one large tablespoonful of flour, butter the size of an egg, pepper and salt to taste; one scant teaspoonful of soda. Put tomatoes on to stew and the milk in a double boiler, reserving half a cup to mix the flour. Mix flour smoothly and stir in boiling milk and cook ten minutes. Add soda to tomato, stir well and strain, add butter, salt and pepper to milk and then the tomato. Serve immediately.

Baked Fish—Procure a fish three or four pounds, season with one heaping tablespoonful of salt, one teaspoonful of pepper. Rub the seasoning well in and outside the fish; place the fish with two sliced onions on a large dish; sprinkle over the juice of one large lemon; cover and set aside for one hour, then lay the fish in a baking pan with four thin slices of pork under it, and three slices of pork on top. Pour one tablespoonful of melted butter over and bake forty-five minutes. Serve in a hot dish garnished with lemon cut into quarters, and parsley. It can be baked without the onion or lemon, but these improve its flavor. If salt pork is not at hand, grease the pan thoroughly with lard and lay a sheet of nice brown paper, cut to the size of the pan, in the bottom. Grease the paper thoroughly and lay the fish upon it. Baked in this way, it can easily be taken from the pan without breaking it at all, and the trouble of cleaning the pan afterwards, which is not a little when the baking is done in the usual manner, is entirely avoided.

HAVE YOU HAD
FEVER?

HAVE YOU HAD A
Cold in the Head?



GET RID OF IT BY
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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, 1909.

30 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellation	VICTORIA, B.C.			Moon's Phases			
				Sun Rises	Sun Sets	Moon Rises	Full Moon	First Quarter	New Moon	Last Quarter
1	WED.	Battleship Dreadnaught com.	♈	5 17	6 44	7 57	29	29	D.	P. E. ISLAND
2	THUR.	Great fire in London 1666	♈	5 18	6 42	8 19	29	29	H.	
3	FRI.	Forest Fires in Michigan	♈	5 19	6 40	8 42	29	29	H.	
4	SAT.	Pres. McKinley shot, '01	♈	5 21	6 38	9 7	29	29	M.	TORONTO
5	Sun.	S. S. "Portia" arrived, '04	♈	5 22	6 36	9 38	29	29	M.	
6	MON.	Labor Day	♈	5 24	6 34	10 15	29	29	M.	
7	TUES.	Allies sailed, Crimea, '54	♈	5 25	6 32	10 59	29	29	a.	WINNIPEG
8	WED.	Cambridge wins boat race	♈	5 26	6 30	11 54	29	29	a.	
9	THUR.	Reil's appeal dismissed, 1885	♈	5 27	6 28	morn	29	29	D.	
10	FRI.	Southside Fire, 1901	♈	5 29	6 25	0 55	29	29	H.	VICTORIA
11	SAT.	Naval Parade St. John's	♈	5 30	6 23	2 1	29	29	H.	
12	Sun.	Terrible ry wk Sudbury, '06	♈	5 31	6 21	3 9	29	29	M.	
13	MON.	Pres. McKinley died, 1901	♈	5 32	6 19	4 16	29	29	M.	VICTORIA
14	TUES.	D. of York landed, '01	♈	5 34	6 17	sets	29	29	a.	
15	WED.	Seige of Pebla, 1847 <i>showery</i>	♈	5 35	6 15	7 5	29	29	a.	
16	THUR.	Washington's farewell, 1896	♈	5 37	6 13	7 21	29	29	H.	WINNIPEG
17	FRI.	35th c'n Can. Mfrs. Assn.	♈	5 38	6 11	7 38	29	29	H.	
18	SAT.	Dr. Thos. Harrison died	♈	5 39	6 9	7 58	29	29	M.	
19	Sun.	Seige of Paris, 1870	♈	5 41	6 7	8 21	29	29	M.	VICTORIA
20	MON.	Vic'ria mem'r'l wnd'w un'd '03	♈	5 42	6 4	8 49	29	29	M.	
21	TUES.	Bert Clyde died, 1061	♈	5 44	6 2	9 25	29	29	a.	
22	WED.	Mormonism foun'd, 1830	♈	5 45	6 0	10 10	29	29	a.	VICTORIA
23	THUR.	<i>Autumn begins</i>	♈	5 46	5 58	11 8	29	29	a.	
24	FRI.	Justice Duff ap. J. of S. C.	♈	5 48	5 56	morn	29	29	H.	
25	SAT.	Sir W. McGregor arr.	♈	5 49	5 54	0 18	29	29	H.	VICTORIA
26	Sun.	Earl Grey app. Gov.-Gen. '04	♈	5 51	5 52	1 37	29	29	M.	
27	MON.	Jos. Arscott died, 1872	♈	5 52	5 50	3 1	29	29	M.	
28	TUES.	U.S. Troops land in Cuba	♈	5 54	5 48	4 24	29	29	M.	VICTORIA
29	WED.	<i>Michaelmas Day</i>	♈	5 55	5 46	rises	29	29	M.	
30	THUR.	Lord Roberts born, 1832	♈	5 57	5 43	6 41	29	29	M.	

F—One day when I was on the train I heard a fellow say "Conductor, what is the fare to Clinton?" The conductor said "Five Dollars," the fellow said, "What's that?" The conductor said, "Ten Dollars." The fellow said, "I heard you the first time."

I took a \$20.00 bill out of my pocket and said to the man next me, "If I should give you this \$20.00 what would you do?" He said, "I would drop dead." I saved his life; I put it back in my pocket.

J—They say that the Governor General hasn't slept for ten days.

F—How is that?

J—He sleeps at night.

F—When is the best time to pick apples?
J—When the farmer isn't looking.

F—Why can't a hen lay a brick?
J—Because a rooster isn't a hod-carrier.

J—Which is the strongest day in the week?
F—It must be Sunday because all the rest are week days.

F—I have a brother who didn't eat in Toronto for two weeks.

J—When was that?

F—When he was in Winnipeg.

Miscellaneous Recipes

Beef Loaf—Three pounds of beef-steak, chopped fine; fifteen soda biscuits (well rolled), half a cupful of sweet milk, half a cupful of butter, one teaspoonful of salt and pepper, two eggs. Mix well in a loaf and bake two hours.

Cheese Fondue—Melt a tablespoonful of butter in a double boiler, add to it a cupful of milk, a scant cupful of fresh, white bread crumbs, and two cupfuls of grated cheese. Use the ordinary soft full cream cheese. Cover and let all cook together until the cheese is thoroughly melted. Stir in them two well beaten eggs, cook until the mixture is creamy in color and begins to thicken, add salt to taste and a dash of cayenne pepper, and serve on crackers or toast. This is excellent made in a chafing dish.

Maple Mousse—Beat the yolks of six eggs light. Pour upon them three-quarters of a cup of maple syrup made very hot. Put over the fire in a double boiler and cook, stirring all the while, until it thickens. Take from the stove, and beat until it cools. Whip half a pint of cream, and beat the whites of the eggs to a stiff froth. Stir very lightly into the custard, turn into a melon-shaped mould, and pack in ice and salt, as for ice cream. It should stand in this for at least four hours.

Maple Cream Custards—Heat a pint of milk to scalding. Stir two tablespoonfuls of granulated sugar into the un-beaten whites of three eggs—stirring, not beating—and pour the hot milk upon it. Wet the inside of custard cups with cold water, fill them with the mixture, set the cups in a pan of hot water, cover them closely and bake in a moderate oven until the custards are firm. When cold, turn out on a flat dish, cover with whipped cream, and strew all thickly with grated maple sugar.

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D. E. CAMPBELL
Family Chemist
VICTORIA - B. C.

10th Month.

OCTOBER, 1909.

31 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellation	VICTORIA, B.C.			Moon's Phases						
				Sun Rises	Sun Sets	Moon Rises	Full Moon	First Quarter	New Moon	Last Quarter			
1	FRI.	Special postal delivery, 1885	♈	5 58	5 41	7 6							
2	SAT.	Major Andre hanged 1780	♈	6 0	5 39	7 34							
3	Sun.	Capt. Jack hung, 1873	♈	6 1	5 37	8 8							
4	MON.	Battle of Corinth, 1862	♈	6 3	5 35	8 53							
5	TUES.	J. Lewis born, 1871	♈	6 4	5 33	9 46							
6	WED.	Prof. Pierce died, 1880	♈	6 6	5 31	10 46							
7	THUR.	Battle of Stillwater '77	♈	6 7	5 29	11 52							
8	FRI.	Great fire in Chicago 1871	♈	6 8	5 27	morn							
9	SAT.	Archbp. Bond, Pri. Can. d.'06	♈	6 10	5 25	1 0							
10	Sun.	Ex-Pres. Kruger born, 1825	♈	6 11	5 23	2 7							
11	MON.	Boer War begun, 1899	♈	6 13	5 21	3 12							
12	TUES.	Robt. Garrett resigned, 1887	♈	6 14	5 19	4 18							
13	WED.	Sir Henry Irving died '05	♈	6 16	5 17	5 24							
14	THUR.	J. Newcastle died, 1837	♈	6 17	5 15	sets							
15	FRI.	Death Rev. Sam. P. Jones, '06	♈	6 19	5 13	6 3							
16	SAT.	Bishop Latimer burnt, 55	♈	6 20	5 11	6 23							
17	Sun.	Marshall McMahan died,	♈	6 22	5 9	6 50							
18	MON.	Fire Ind. Exhi. grs. Toronto	♈	6 24	5 7	7 23							
19	TUES.	H. K. White died, 1806	♈	6 25	5 5	8 5							
20	WED.	Strike in London, 1900 <i>fair</i>	♈	6 27	5 3	8 57							
21	THUR.	Battle of Trafalagar 1805	♈	6 28	5 1	10 0							
22	FRI.	E. B. Washburn died, '87	♈	6 30	4 59	11 13							
23	SAT.	Duke and Duchess arr., '04	♈	6 31	4 57	morn							
24	Sun.	Battle of Reitfontein, 1889	♈	6 33	4 56	0 32							
25	MON.	Transvaal annexed, 1900	♈	6 34	4 54	1 54							
26	TUES.	Phillip Doddridge died,	♈	6 36	4 53	3 17							
27	WED.	Th. Roosevelt born 1858	♈	6 37	4 51	4 43							
28	THUR.	Elec. car. a.c. Atlantic C. (M)	♈	6 39	4 49	rises							
29	FRI.	Fire in New York, 1889	♈	6 40	4 47	5 30							
30	SAT.	Sir John Abbott died, 1893	♈	6 42	4 46	6 2							
31	Sun.	<i>Hallowe'en colder</i>	♈	6 43	4 44	6 43							

J—What is a put up job?
 F—Paper on the wall.

F—When I was on the train the other day a fellow said "Conductor, I have lost my ticket." The conductor said, "Well, do you know where to look for it?" "Yes" he said, "I know where to look for it but I don't know where to find it."

F—I was down at your house the other day.
 J—What did you go down there for?
 F—I took my washing down to your mother.
 J—I want you to understand, sir, that my mother doesn't wash.
 F—That's what I thought when I saw her.

J—Do you feel like a cup of tea?
 F—Do I look like a cup of tea?

J—I was talking to your wife the other day.
 F—How did that happen?
 J—How did that happen?
 F—That you did the talking.

F—My wife told me to order a load of coal and a case of beer. I forgot the coal. My wife asked me where we would go to spend the summer. I told her we would go to the mountains. She said she had nothing to wear. I said, "Well, then, go to Coney Island."

Miscellaneous Recipes

Corned Beef Hash—Chop fine cold boiled corned beef; to one pint meat add one pint and a little more cold boiled potatoes, chopped, though not too fine; a little onion can be used if liked; have ready a pan with a good piece of butter in it, put in hash, season with pepper and salt, then add rich milk or cream, enough to moisten. Cover and make hot.

Curry Egg Sauce (for Fish)—Brown a small sliced onion in a tablespoonful of butter, stir into it a tablespoonful of flour and a small teaspoonful of curry powder. Cook until they bubble, pour upon them a half-pint of milk and cook until smooth and thick. Add to them one hard-boiled egg, chopped fine, and as soon as this is hot through stir in a full tablespoonful of double cream. Add salt to taste and take from the fire at once.

Cream of Asparagus—Clean a bundle of asparagus, cut off tips and boil in salted water till soft; boil the stalks twenty minutes in a quart of good stock; put two ounces of butter in a stew-pan with two ounces of flour, mix smoothly and pour in the hot stock, having previously pulped the asparagus through a sieve; add one pint of milk; boil up and skim; put the tips in a tureen with a gill of cream; pour in the boiling soup; season with salt and pepper to taste, and serve.

Creamed Salmon—*Delightful supper dish easily prepared.*—Take a tin of salmon, empty on a dish and flake with a fork. Have ready a sauce made in double boiler from one pint of milk, butter size of an egg, one teaspoonful of flour, with salt and cayenne pepper to taste. Melt butter and flour until smooth and add milk slowly. When it boils remove from fire and add two well-beaten eggs. Put alternate layers of salmon and sauce in baking dish until all is used; cover with layer of cracker or bread-crumbs; bake fifteen minutes and serve hot.

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D. E. CAMPBELL

Dispensing Chemist

COR. FORT and DOUGLAS STS.
VICTORIA, B. C.

11th Month.

NOVEMBER, 1909.

30 Days.

Day Month.	Day Week.	HISTORICAL EVENTS	Moon's Constellation	VICTORIA, B.C.			Moon's Phases
				Sun Rises	Sun Sets	Moon Rises	
1	MON.	<i>All Saints' Day</i> cold	♌	6:45	4:42	7:34	D. Last Quarter
2	TUES.	Jenny Lind died, 1887	♌	6:47	4:40	8:34	H. New Moon
3	WED.	Serious Fire at Chicago.	♌	6:48	4:39	9:40	M. First Quarter
4	THUR.	Warsaw massacre, 1794	♌	6:50	4:37	10:47	F. Full Moon
5	FRI.	Guy Fawkes g. plot dis. 1604	♌	6:51	4:36	11:56	D. Last Quarter
6	SAT.	Meet'g of 1st Dom. parl't '67	♌	6:53	4:34	morn	H. New Moon
7	Sun.	Driv'g last spike of C. P. R. '85	♌	6:55	4:33	1 3	M. First Quarter
8	MON.	F. Parkman died, 1893	♌	6:56	4:31	2 8	D. Last Quarter
9	TUES.	King Edward VII born 1841	♌	6:58	4:30	3 14	H. New Moon
10	WED.	Naval Reservists left, 1900	♌	6:59	4:28	4 19	M. First Quarter
11	THUR.	Chicago anarchists hung, '87	♌	7 1	4 27	5 25	D. Last Quarter
12	FRI.	J. A. Logan killed, 1899	♌	7 3	4 26	6 31	H. New Moon
13	SAT.	Gen. Fox died, 1690	♌	7 5	4 24	sets	M. First Quarter
14	Sun.	Guitean trial begun, 1881	♌	7 6	4 23	5 23	D. Last Quarter
15	MON.	J. Brown's raid, 1858	♌	7 8	4 21	6 2	H. New Moon
16	TUES.	Hanging of Riel 1885	♌	7 9	4 20	6 51	M. First Quarter
17	WED.	Suez Canal opened 1879	♌	7 11	4 19	7 50	D. Last Quarter
18	THUR.	Senator Vidal died, age 87	♌	7 12	4 18	9 1	H. New Moon
19	FRI.	Elec. pr. d at Toronto, '06	♌	7 14	4 17	10 15	M. First Quarter
20	SAT.	Sir W. Laurier born, '41	♌	7 15	4 16	11 33	D. Last Quarter
21	Sun.	G. A. Hobert died, 1899	♌	7 17	4 15	morn	H. New Moon
22	MON.	Senator Kerr of Cobourg, d	♌	7 18	4 14	0 53	M. First Quarter
23	TUES.	St. Car riot in Hamilton	♌	7 20	4 13	2 15	D. Last Quarter
24	WED.	Gen. Taylorborn, 1784	♌	7 21	4 13	3 38	H. New Moon
25	THUR.	Powderly resigned, 1893	♌	7 23	4 12	5 2	M. First Quarter
26	FRI.	Sand'h Is'ds dis'd, '78	♌	7 24	4 11	6 27	D. Last Quarter
27	SAT.	Brit. Victory in S.A., '99	♌	7 25	4 10	rises	H. New Moon
28	Sun.	<i>1st Sunday in Advent</i>	♌	7 27	4 9	5 19	M. First Quarter
29	MON.	Treaty, Can. and France	♌	7 28	4 9	6 15	D. Last Quarter
30	TUES.	<i>St. Andrew</i> rainy	♌	7 30	4 8	7 20	H. New Moon

J—But you didn't really write a play?
 F—It was an opera.
 J—What was its name?
 F—"Electricity"
 J—Grand Opera?
 F—No, light opera.
 J—Oh, you are nothing but a handful of loose change anyhow.
 F—Loose change comes in handy sometimes.
 J—I bet you haven't got a dime in your pocket.
 F—Well, yes, I have six nickles.
 J—I thought you looked like thirty cents.

J—I was in a restaurant the other day where there were two Irishmen eating their dinner. One of

them happened to spy a bottle of horse-radish and not knowing what it was, took a big mouthful, which brought tears to his eyes. The other Irishman, seeing the tears in his eyes, said to him, "Pat, phat be ye crying for?"

Pat, wishing to have Mike fooled also, responded, "I'm crying for me poor old mother who's dead way over in Ireland."

By and by Mike also tried some of the horse radish, whereupon his eyes filled with tears just as Pat's had done. So Pat says to Mike, "What are You crying for?" "I'm crying" answered Mike, "because ye didn't die at the same time your poor old mother did."

Miscellaneous Recipes

Grilled Sardines—Cut as many strips of bread as you have sardines, making each piece a little longer and broader than the fish. Toast or fry these. Roll your sardines in egg and then in very fine cracker crumbs, and fry to a light brown in deep fat. Lay a sardine on each strip of toast and garnish with lemon and parsley.

French Mustard—Slice up an onion in a bowl, cover it with good vinegar and leave two or three days. Pour off the vinegar into a basin and put into it one teaspoon pepper, one teaspoon salt, one tablespoon brown sugar and mustard enough to thicken. Smooth the mustard with a little vinegar. Mix, set on stove and stir until it boils.

Tomato Chow-Chow—One peck green tomatoes, six large bunches of celery, six small onions (chopped fine) all together, six green peppers (without seeds). Boil three minutes in enough vinegar to scarcely cover them, strain off this. Then to about three pints of new vinegar add three cups of brown sugar, one cup of mustard, one tablespoon of ground cloves, two tablespoons of ground cinnamon, four tablespoons of salt, two table spoons of curry powder. Pour off scalding hot. Half a doz. cucumbers may be added to the rest.

Savory Baked Beans—Soak and boil the beans. Brown a minced onion in a tablespoonful of butter, and mix these with the beans, which you should previously have drained dry and salted. Put half the beans in the bottom of a baking dish. Cover them, spread over them half a cupful of stewed tomatoes, fresh or canned, and on this the rest of the beans. Repeat the layer of tomatoes and moisten all with a cupful of well-seasoned gravy or soup-stock. Sprinkle the top with bread crumbs, pepper and salt, dot with bits of butter, and bake, covered, three-quarters of an hour. Uncover and brown.

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ALL GOOD AND ALL CHEAP

D. E. CAMPBELL

Family Chemist

Cor. FORT and DOUGLAS STS.

VICTORIA - B. C.

12th Month.

DECEMBER, 1909.

31 Days.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellation	VICTORIA, B.C.			Moon's Phases	P. E. ISLAND	TORONTO	WINNIPEG	VICTORIA
				Sun Rises	Sun Sets	Moon Rises					
1	WED.	Queen Alexandra born 1844	♈	7 31	4 5	8 31	D.				
2	THUR.	Emp. Alexander died, '25	♈	7 32	4 7	9 41	H.				
3	FRI.	Pres. Grevy resigned, '87	♈	7 33	4 6	10 50	M.				
4	SAT.	Thos. Carlyle born 1795	♈	7 35	4 6	11 57	M.				
5	Sun.	Macbeth slain, 1056	♈	7 36	4 5	morn	M.				
6	MON.	Canadian insurrection, 1837	♈	7 37	4 5	1 2	M.				
7	TUES.	T. M. Connick died, 1801	♈	7 38	4 5	2 7	M.				
8	WED.	Jubilee Feast	♈	7 39	4 5	3 12	M.				
9	THUR.	J. W. Forney died, 1881	♈	7 40	4 4	4 18	D.				
10	FRI.	Battle of Magusfontein, 1899	♈	7 41	4 4	5 25	D.				
11	SAT.	Chas. XII. fell, 1718	♈	7 42	4 4	6 35	H.				
12	Sun	Edwin Forrest died, 1872	♈	7 43	4 4	sets	H.				
13	MON.	New Zealand dis., 1751	♈	7 44	4 4	4 47	M.				
14	TUES.	Washington died, 1799	♈	7 45	4 4	5 44	M.				
15	WED.	Hartford convention, '14	♈	7 46	4 4	6 52	M.				
16	THUR.	Tea dest. in Boston Har. 1773	♈	7 47	4 4	8 5	M.				
17	FRI.	Gen. Bolivar died, 1830	♈	7 48	4 4	9 22	D.				
18	SAT.	Humphrey Davey b'n <i>stormy</i>	♈	7 48	4 5	10 41	H.				
19	Sun.	J. E. F. Davis died, 1869	♈	7 49	4 5	morn	H.				
20	MON.	Louisiana annexed, 1803	♈	7 49	4 6	0 0	H.				
21	TUES.	Fred E. Deven born, 1872	♈	7 50	4 6	1 18	M.				
22	WED.	<i>Winter begins</i>	♈	7 50	4 7	2 38	M.				
23	THUR.	Hugh Miller died, 1856	♈	7 51	4 7	4 1	M.				
24	FRI.	Dr. F. Temple died, 1807	♈	7 51	4 8	5 24	D.				
25	SAT.	Christmas Day	♈	7 52	4 8	6 44	H.				
26	Sun.	Charlie's Aunt played, '00	♈	7 52	4 9	rises	H.				
27	MON.	St. John, Evan.	♈	7 52	4 10	4 59	H.				
28	TUES.	Tay bridge disaster, 1879	♈	7 52	4 11	6 8	M.				
29	WED.	W. E. Gladstone b. 1809	♈	7 53	4 11	7 19	M.				
30	THU.	Rud. Kipling born 1865	♈	7 53	4 12	8 31	M.				
31	FRI.	East India Co. Estab.	♈	7 53	4 13	9 41	M.				

F-You shouldn't be so funny. Don't you know we all have got to die sometime.
 J-Yes, and getting buried is no joke.
 F-No, it's a grave matter.
 J-I told my girl the other day I would die for her.
 F-What did she say?
 J-She said that I could name the day, and I said "For our wedding" and she said "No, for your funeral."
 J-Do you think it would be foolish for me to marry a girl my inferior?
 F-No, not foolish; impossible.
 J-The only time I like to hear you talk is when you have your mouth shut.

F-If you give me a chance I will tell you some thing.
 J-Tell all you know, it won't take long.
 F-I will tell all we both know, it won't take any longer.
 J-I will give you a piece of my mind.
 F-You better keep it, you need it worse than I do
 J-What are you trying to do? Make a fool of me?
 F-No, I never interfere with nature.
 F-It is no use talking to a fool.
 J-I wasn't talking to you.
 F-"All foolish people are happy."
 J-You look happy.

POISONS AND ANTIDOTES

In all cases of poisoning the first thing to do is to empty the stomach by giving an emetic which will produce free and prompt vomiting, if copious vomiting has not already taken place. The antidote should then be administered, if the kind of poison is known. If the poison is unknown, after free vomiting has taken place, the patient should be treated on general principles. The temperature of the body should be kept about normal by the use of blankets, hot cloths, hot irons, etc. When prostration exists, stimulants, such as whisky, aromatic spirits of ammonia, etc., should be resorted to.

The following is a table of poisons, with their most easily obtainable antidotes.

POISONS	ANTIDOTES
<i>Arsenic</i> <i>Rat Poison</i> <i>Fly Paper</i> <i>Fowler's Sol.</i>	Ferric hydroxide with magnesia (U. S. P.), emetics, milk, raw eggs, sweet oil, flour and water, followed by castor oil; large draughts of water containing spt. of nitrous ether if tendency to suppression of urine.
<i>Belladonna</i> <i>Atropine</i> <i>Stramonium</i>	Tanic acid, emetics, opium or opiates, physostigmine, pilocarpine, aconite.
<i>Aconite</i>	Atropine, strong coffee or tea (caffeine), morphine, stimulants, digitalis, ammonia, artificial respiration, external heat. Patient in prone position, absolute quiet, head lower than feet.
<i>Alcohol</i>	Evacuate stomach by tube or emetics; ammonia by inhalation (with caution), black coffee, (caffeine), strychnine, atropine, spt. of Mindererus, external heat to body, cold affusion to head; chloral, potassium bromide.
<i>Ammonia</i>	Vinegar, lemon juice, or dil. acids; oils, as olive, linseed, etc. Aconite, digitalis, veratrum. Ammonia when inhaled, hydrochloric acid vapors.
<i>Apomorphine</i>	Strychnine, atropine.
<i>Lime</i> <i>Caustic Potash</i> <i>Caustic Soda</i> <i>Lye</i>	Vinegar, lemon juice, or dil. acids; raw eggs, flour and water, milk, sweet oil; opium, caffeine, whisky.
<i>Camphor</i>	Emetics, alkaline drinks, magnesium sulphate; opium, and bromides.
<i>Indian Cannabis</i>	Evacuate stomach; strychnine or other stimulants, belladonna or atropine; lemon juice.

POISONS	ANTIDOTES
<i>Antimony and Potassium Tartrate</i> <i>"Tartar Emetic"</i>	Tannic acid, raw eggs and milk, magnesium or sodium carbonate; opium, alcohol, ether.
<i>Tartaric Acid</i>	Alkalis; magnesia, lime, sodium or potassium carbonate.
<i>Bites of Poisonous Reptiles</i>	Suck the wound at once. Apply a tight ligature above it and cauterize the wound or irrigate with a 1% potassium permanganate solution. Give whisky plentifully. Antivenene.
<i>Tobacco</i> <i>Nicotin</i>	Give tannic acid, aid emesis; cardiacstimulants, Hoffman's anodyne; external heat and friction.
<i>Zinc Chloride</i> <i>Zinc Sulphate</i>	Water immediately to dilute poison. White of egg, mucilaginous drinks, emetics, dilute solution of potassium or sodium carbonate or tannic acid, stimulants.
<i>Lead and its Compounds</i> <i>Sugar of Lead</i>	Aid emesis; soluble sulphates, as Epsom salt or sulphuric acid lemonade; milk; morphine.
<i>Lobelia</i>	Wash out stomach with solutions of tannic acid or give as drink in warm water. Alcoholic stimulants, opium or morphine; digitalis, belladonna, strychnine; external heat.
<i>Opium and Other Narcotics</i> <i>Morphine</i> <i>Laudanum</i> <i>Paregoric</i> <i>Soothing Syrup or Powders</i> <i>Codeine</i> <i>Chlorodyne</i>	Potassium permanganate, tannic acid, charcoal; apomorphine; atropine, strychnine. The patient should be kept in motion and cold water dashed on the head and shoulders. Slap his body with the end of a wet towel, and use every reasonable means to keep him awake. Give strong coffee. After other remedies fail, artificial respiration should be resorted to.
<i>Phosphorus</i> <i>Matches</i> <i>Rat Paste or Rat Biscuit</i>	Potassium permanganate solution is the chemic antidote; copper sulphate; old oxidized oil of turpentine followed by saline cathartic. Avoid ordinary turpentine and oils. Give lime-water freely and mucilaginous drinks and magnesia with water.
<i>Acetanilide</i> <i>Phenacetine</i> <i>Antipyrine</i> <i>Exalgin</i> <i>Sulphonan</i>	Heat stimulants, black coffee, strychnine, belladonna, oxygen inhalations.

POISONS	ANTIDOTES
<i>Acetic Acid</i>	Alkalis, such as sodium and potassium bicarbonate, magnesia and soap; flaxseed tea.
<i>Physostigma Colabar Bean Eserine</i>	Evacuate stomach; atropine; external heat, stimulants, artificial respiration.
<i>Picrotoxin</i>	Evacuate stomach. Give quick cathartic. Potassium bromide and chloral; anesthetics.
<i>Pilocarpine Jaborandi</i>	Evacuate stomach. Atropine is the physiologic antidote; stimulants; morphine for nausea.
<i>Potassium Bitartrate Cream of Tartar</i>	Demulcents, chalk or magnesia with water.
<i>Potassium Chlorate</i>	Demulcents, saline purgative and diuretic. Calomel may be valuable. Coffee or caffeine, stimulants moderately. Heat externally. Transfusion of blood is recommended.
<i>Quinine</i>	Tanic acid; general stimulation; atropine, strychnine, digitalis.
<i>Sanguinaria (Blood Root)</i>	Tanic acid; general stimulation; atropine, strychnine, digitalis.
<i>Poison Oak, Ivy or Vine</i>	Grindelia robusta as a lotion; cocaine 5% sol.; carbolic acid; lead acetate sol.; carron oil; alum curd; laxatives.
<i>Strychnine Nux Vomica</i>	Emetics; animal charcoal, tannic acid, potassium permanganate, chloral, chloroform by inhalation, bromides, amyl nitrite, morphine, valerian.
<i>Santonin</i>	Emetics; stimulants; chloral.
<i>Turpentine</i>	Emetics; milk, flour and water, Epsom salt, opium.
<i>Saoin</i>	Emetics; demulcents; castor oil; morphine, abdominal poultices.
<i>Veratrum Viride Veratrine Green Hellebore</i>	Tannic acid freely, followed by emetic and large draughts of warm water. Recumbent posture; stimulants, coffee, alcohol, digitalis; belladonna, ammonia, opium, external heat.
<i>Iodine Potassium Iodide Iodoform</i>	Starch or flour in large quantity well mixed with water; evacuate stomach; quinine, digitalis; morphine.

POISONS	ANTIDOTES
<i>Cantharides Spanish Flies</i>	No antidote; evacuate stomach; raw eggs, flour and water; avoid oils; opium.
<i>Carbolic Acid Phenol</i>	Evacuate stomach; Epsom or Glauber's salts or other soluble sulphate, flour and water, raw eggs; soap suds; atropine; amyl nitrite; whisky freely. Alcohol is considered by some to be a true antidote but reported experiments seem to indicate otherwise.
<i>Barium Compounds</i>	Epsom or Glauber's salt in solution, or diluted sulphuric acid; fixed oils, as castor, olive, or linseed may be given when the poison taken is irritating in its nature.
<i>Mercury Corrosive Sublimate Bed-Bug Poison Calomel</i>	White of eggs, milk or flour beaten up with water, emetics; tannic acid; bismuth, belladonna, opium, potassium iodide.
<i>Creosote</i>	Mucilage, oils or white of eggs, milk or flour with water, evacuate stomach; repeat demulcents; atropine, amyl nitrite, whisky freely.
<i>Croton Oil</i>	Mucilaginous drinks, demulcents, opium, general stimulation
<i>Digitalis Foxglove</i>	Tannic acid; then emetics or stomach pump; aconite, best physiologic antidote; alcohol. Recumbent position.
<i>Ether</i>	Invert patient; Adnephryn sol., strychnine, atropine, ammonia, digitalis; avoid subcutaneous injection of ether or alcohol; dilate sphincter ani; artificial respiration, rhythmic traction of tongue.
<i>Gelsemium</i>	Emetics, ammonia, digitalis, atropine, strychnine, external heat.
<i>Illuminating Gas Carbonic Oxide</i>	Fresh air, artificial respiration, rhythmic traction of tongue, oxygen, ammonia inhalations; coffee as enema; alcohol moderately by mouth or rectum; external warmth; cold acid drinks freely.
<i>Potomine Fish-Poisoning Ice-Cream Poisoning</i>	Emetics and quick cathartics; potassium chlorate freely, spt. of Mindererus; opium, capsicum, chloroform.
<i>Ergot</i>	Tannic acid, emetics; amyl nitrite, aconite, veratrum viride; external heat.

POISONS

Mineral Acids
Sulphuric Acid
Oil of Vitrol
Hydrochloric
Acid
Nitric Acid
Nitrohydrochloric
Acid

Solution of common soap in water, chalk, magnesia, whiting, wall-plaster in water; raw eggs, flour and water, milk, sweet oil; opium, whisky.

Hydrocyanic
Acid
Prussic Acid
Cyanides
Bitter Almond
Oil
Peach Kernel

Cobaltous nitrate has proved a perfect antidote in over 40 cases. Ferric chloride tinct. with magnesia, stimulants, as whisky and ammonia; alternate cold and hot douch from a high; artificial respiration; ammonia (by inhalation, by stomach and intravenous injection).

Oxalic Acid
Oxalates
"Salts of Lemon
or Sorrel"

Lime water, chalk, whiting, wall-plaster, magnesia; raw eggs, milk. Avoid potassium and sodium carbonates.

Mushrooms
Toadstools

Emetics; cathartics, especially castor oil; tannic acid; atrophine and alcoholic stimulants.

Amyl Nitrite
Nitrites
Nitroglycerin

Ergotin, atropine, strychnine and other stimulants; artificial respiration; alternate cold and hot douch, with cold to head.

RELATION OF A PULSE TO TEMPERATURE.

For every degree of temperature above 95° F., the pulse is approximately quickened 10 beats, as shown by the table below:

A temperature of 98° F. corresponds to a pulse of 60
" 99° F. " " " 70
" 100° F. " " " 80
" 101° F. " " " 90
" 102° F. " " " 100
" 103° F. " " " 110
" 104° F. " " " 120
" 105° F. " " " 130
" 106° F. " " " 140

To Prevent Sunstroke—Sunstroke is prevented by wearing a silk handkerchief in the crown of the hat, or green leaves, or a wet cloth of any kind; but, during an attack, warm water should be instantly poured on the head, or rags dipped in the water and renewed every minute. The reason is two-fold—the scalp is dry and hot, and the warm water not only removes the dryness but carries off the extra heat with great rapidity by evaporation.

HANDY HOUSEHOLD DRUGS

Every home should be equipped with a family medicine chest, in which the following items should be included:

Linseed Oil and Lime Water—For burns and scalds.

Powdered Mustard—For rheumatics and mustard application.

Linseed Meal—For poultices.

Lime Water—For sour stomach, especially recommended to be used with milk for children.

Camphorated Oil—As a general liniment.

Castor Oil—Cathartic especially recommended for pain in the stomach.

Friar's Balsam (Tincture of Benzoin Co.)—For cuts and wounds.

Epsom Salts—Quick acting cathartic.

Quinine Capsules—For chills and severe colds.

Spirits of Camphor—Mix with hot water and inhale for cold in the head, etc.

Sweet Spirits of Nitre—To produce perspiration.

Courtplaster—For fresh cuts.

Tincture of Iodine, (Poison)—To apply to Ringworm or similar conditions of the skin.

Camphor and Chlorhydrate (equal parts)—For Toothache.

Antidotes for poisons.

Frozen Limbs—Dissolve from one quarter to half a pound of alum in a gallon of warm water, and immerse the feet or hands in it when frozen, for ten or fifteen minutes and a cure will be effected.

Foreign Bodies in the Throat—"Foreign bodies lodged in the throat can be removed," says Dr. Beveridge, a British naval surgeon, "by forcibly blowing into the ear." The plan is so easily tried and so harmless that we suggest its use.

Hiccough—Hiccough effects some persons very persistently, and where a simpler remedy does not check it, a half teaspoonful of nitre in a half tumbler of water is recommended as an instantaneous remedy.

Worth Knowing

Swelled Feet—For swelled feet a good remedy will be found in bathing them in vinegar and water.

Hot Milk as a Stimulant—If any one is fatigued, the best restorative is hot milk, a tumbler of the beverage as hot as can be sipped. This is far more of a restorative than any alcoholic drink.

Cold Feet—Cold feet are the precursors of consumption. To escape them, warm your feet well in the morning, and covering the sole with a piece of common paper, carefully draw on the sock, and then the boot or shoe.

Stiff Neck—Apply over the place affected a piece of black oil-cloth with the right side to the skin, then tie up the neck with a thick handkerchief. In a short time the part will grow moist, and, by leaving thus twelve hours, the pain will be removed.

Cramp, in Bathing—For the cure of the cramp when swimming, Dr. Franklin recommends a vigorous and violent shock to the part affected, by suddenly and forcibly stretching out the leg, which should be darted out of the water into the air if possible.

Snake Bites—Turpentine is said to be a sure cure for a bite of a snake. It should be put in a bottle, and the mouth being placed over the spot, the liquid brought directly in contact with the wound by inverting the bottle, which should be held there until relief is obtained. A complete alleviation of pain has been known to ensue in less than a quarter of an hour. An important discovery.

Removing Substances from the Ear—Take a horse-hair about six inches long, and double it so as to make a loop at one end. Introduce this loop as deeply as possible into the auditory canal, and twist it gently around. After one or two turns, according to the originator of the plan, the foreign body is drawn out with the loop. The method is ingenious, and at all events causes little pain, and can do no harm.

Choking—To prevent choking, break an egg into a cup and give it to the person choking, to swallow. The white of the egg seems to catch around the obstacle and remove it. If one egg does not answer the purpose, try another. The white is all that is necessary.

Ventilation—The best way to admit pure air in the night (where windows are the only mode of ventilation) is to open the sleeping room into a hall where there is an open window in order to avoid the draught. A window with a small opening at the top and bottom ventilates more than one with one opening only.

Fainting—Fainting is caused by the blood leaving the brain. Place the patient flat and allow the head to be lower than the body. Sprinkle cold water on the face. Hartshorn may be held near the nose, not to it. A half teaspoonful of Aromatic Spirits of Ammonia, in a wine-glassful of water, will tend to revive the patient. If the symptoms recur, send for a physician.

Cramp in the Leg—A garter applied tightly round the limb affected will, in most cases, speedily remove the complaint. When it is more obstinate, a brick should be heated, wrapped in a flannel bag, and placed at the foot of the bed, against which the person troubled may place his feet. No remedy, however, is equal to that of diligent and long-continued friction.

Things to Remember

A teaspoonful of powdered borax thrown into the bath-tub while bathing will communicate a velvety softness to the water, and at the same time invigorate and rest the bather.

Bore a hole through the top of a broom-handle, tie a string in it, hang the broom up when not in use, and it will last twice as long as when allowed to rest upon the floor. After sweeping dip your broom in hot soap-suds, shake well and hang up to dry.

Things to Remember

Tin vessels rust and are often worthless in a few weeks because, after washing, they are not set on the stove for a moment or in the sun to dry thoroughly, before they are put away.

Little red ants cannot travel over wool or rag carpet. Cover the floor with coarse baize, set the sofa on that and you will not be troubled with them. Cover a shelf in your closet or pantry with flannel, set whatever you wish to keep from the ants on it and they will at once disappear.

Here are two things to remember when cooking either veal or pork: they should be cooked so thoroughly that the lean part will be white and firm, and they should never be boiled unless first well salted. With pork there should be served some kind of farinaceous vegetable, like rice, potatoes or hominy.

Lemon juice squeezed upon your spots of iron rust, with salt plentifully sprinkled over it, will probably remove all traces of the unsightly spots on your white dress. But if you would cover the nails in your closet with little muslin bags, or pieces of glove kid (old glove fingers are as good as anything) you will probably never again experience this difficulty.

To get rid of roaches, take, say, two tablespoonfuls of borax and dissolve it in one pint of water. With this water make a stiff dough of corn meal. Do not cook. Put it where the roaches can get it. Put it out at night and next morning you can sweep up all the roaches you want. It is the only remedy that never fails. Two or three applications are generally sufficient.

Coffee and tea pots will become very much discolored inside in a very short time. To prevent this about every two weeks put into them a teaspoonful of soda—common baking soda—and fill them about two-thirds full of water and let boil two hours. Wash and rinse well before using. In this way they will always be sweet and clean.

Use a double boiler for milk.

Meats should not be pierced while cooking.

Drippings are better than water for basting meats.

Milk is scalded when the water in the lower pan boils.

A dash of salt added to the whites of eggs makes them whip better.

With sour milk, or molasses, use Magic Soda instead of Baking Powder.

Dried crumbs absorb more moisture and are better for watery dishes.

Not a speck of the yoke must get into the whites which are to be whipped.

Soak salt fish with the skin side up over night. Change the water several times.

Save refuse grease and make soap of it with Gillett's Lye; full directions on each package.

Add a tablespoonful of water to an egg used for crumbing in order to remove the stringiness.

A teaspoonful of Gillett's Lye to one gallon of water will simplify dish washing very materially.

When the sauce bubbles through the crumbs on top of a scallop dish, the cooking is completed.

Meat should not be washed. It can be cleaned by rubbing with a wet cloth or scraping with a knife.

Butter added slowly in small bits to creamy mixtures, or sauces prevents a greasy line forming.

Crumbs grated directly from the loaf give a more delicate color than dried crumbs to fried articles.

Fold the whipped whites into any mixture rather than stir them in, as the latter method breaks the air cells.

Break eggs one at a time into a saucer, so any can be rejected if necessary and the mixture not be spoiled.

A pinch of Magic Soda mixed with tomato before milk or cream is added prevents the milk from curdling.

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