Lord Meath Empire Day Challenge Cups and League of the Empire Prizes.

The following announcement of the Chief Superintendent of Education concerning the Empire Day prizes offered by Lord Meath will no doubt be read with interest by the school children of this county.

ESSAY COMPETITION FOR EMPIRE DAY, 1907.

The following are the conditions and subjects:—

(a) Lord Meath Empire Day Prize (secondary schools)—a silver challenge cup, value £10 10s., presented by the Right Hon. the Earl of Meath, K. P., to be held by the school, and a personal prize of £5 5s., given by the League of the Empire, is offered for competition inter-all secondary schools of Empire, for an Empire Day Essay not exceeding 2,000 words. Age limit, 14 to 18 years old.

Subject: "The Conditions of Successful Colonization."

(b) Lord Meath Empire Day Prize (primary schools)—a silver challenge cup, value £10 10s., presented by the Right Hon. the Earl of Meath, K. P., and a personal prize of £3 3s., given by the League of the Empire, is offered for competition, inter-all elementary schools of the Empire for an Empire Day Essay not exceeding 1,000 words. Age limit, under 14 years old.

Subject: "The History of British India."
All essays must first be judged in the schools, and afterwards by the authorities kindly co-operating with the league in the different countries of the Empire.

Only those essays sent in through the authorized channels will be eligible for the final judging arranged for by the Federal Council of the League in London.

The essays which are entered for the final judging in London must reach the central office by the 1st of February next.

The names of the winning schools will each year be engraved upon the cups, which are replicas of the Warwick vase.

The cups and prizes will be dispatched in time to reach the winning schools before the 24th May each year.

The essays must be sent to the Education Office, Fredericton, not later than December 25th, 1906.

J. R. INCH, Chief Supt. Education.

Premier Roblin of Manitoba in a recent

speech at Winnipeg said: The provincial government has decided that after the first of January, 1907, every school of the province must have a Union Jack flying during school hours. The government will provide the flag, and it will be the duty of the trustees to replace any such flag that may have become useless. The rule of the department will be that any school teacher or board of trustees that neglects or refuses to float a Union Jack in school hours will forfeit their right to the public grant. I trust that in making this move we will not be misunderstood. We welcome the various peoples that come to our province, who are born under foreign flags, who speak a different tongue, and we give them the benefit of our civil laws; endow them with civil rights; the benefit of our criminal law; the free education of the schools, all of which are the outcome of civilizations and benefits that follow the Union Jack, and I think that a man who comes from a foreign country in order to better circumstances, and objects to perpetuating the glories of our flag, who declines to have his children infused with British patriotism, is a man that is undesirable.

The Educational Review says:—"Many schools in these provinces are the proud possessors of flags, which are floated on public holidays. Such schools are generally those with some pretensions to architectural beauty in the school building and with grounds more or less well laid out. The flag and pole, having been purchased by the joint efforts of the teacher, scholars and rate-payers, it is perhaps regarded with more affection and interest than would be attached to a "regulation" flag. But we should like to see the Manitoba practice become general—a Union Jack flag flying from every school in Canada during school hours."

We are in sympathy with the views of Premier Roblin and the editor of the Review, but is not the Dominion ensign the recognized school flag? And while it might perhaps be considered somewhat extreme in this province to have the flag flying every day during schools hours it should at least be insisted on that the flag be raised not only on our national holidays but also on the anniversaries of days made famous in Canadian history for this is one of the ways in which memory can be kept alive and a spirit of patriotism fostered in our country's children.

Wood of the Cross.

The people of the different countries have their various traditions concerning the wood of which the cross was made. In England the peasants say that it was of elderwood and that lightning never strikes that tree. Dean French in a note to his "Sacred Latin Poetry" declares that it was made of the wood of the aspen and that since the day of crucifixion the leaves of that tree have never ceased to shudder.

Health and Beauty.

The frequency of shampooing must be regulated to a certain extent by the character of the hair and to the sort of atmosphere to which it is exposed. Very oily hair should be washed every fortnight. The same thing may be said of hair that is filled with dandruff. When the egg shampoo is used there is no possibility of harm being done. Eggs themselves are a tonic to the growth.

A Turkish bath will often reduce flesh and just as often increase it. Like other good things the Turkish bath will bring the body to a normal condition. Once a month is often enough for the luxury.

The face and hands must be thoroughly dried with a towel before venturing out in the air. Neglect will be sure to make the skin tender and perhaps unsightly. Another thing to remember is that the face should be thoroughly dry before creams are applied as moisture will prevent the cream from entering the pores of the skin.

Only when there is perfect assimilation of the food is a good complexion possible.

A little camphor water sprinkled on the pillow and bedclothes will ward off mosquitoes.

Bananas should improve the complexion of a person suffering with rheumatism or stomach trouble, caused by too much acid in the blood.

To devlop the neck bathe it with warm water, then rub with olive oil using a rotary motion. In the morning use cold water and rub with alcohol.

Every woman knows that fruits should benefit the complexion if eaten judiciously but few understand whether fresh or cooked ones agree best with them.

With peaches, pears, plums, etc., taken before breakfast or as dessert, the effect on the general health depends entirely on how they are affected by the juices of the stomach.

If the hands become stained when peeling apples you can easily remove the stains by rubbing them with the inside of the peel and then washing with warm water and soap.

The Open Fire.

The open fire is the most over-praised of all the domestic institutions in the world. It is more uncomfortable and less for your money than anything I know about. All this wisdom comes to me in the early days of cold weather when one's wife thinks it is not cold enough for a fire in the furnace, and a bright blaze in the fire place will take the cool off the house and just make things comfortable.

The truth about the open fire is that it only warms you on one side. Your face is scorching and your stomach is quite well done when at the same time your back bone is shivering like a San Francisco earthquake. If you turn about you will soon find that your back is burning up and your nose is red with the cold. It doesn't really take the chill off any part of a room except the flue.

One half the beautiful wood that won't heat one room one day if burned in a fire place, will, if burned in a furnace, heat the whole house a week. The only way to get any real good from a fire place is, first, to heat the house up thoroughly with stoves or a furnace, then build a fire in the fire place and sit down as far from it as possible. It will neither heat nor light a room, but some people rather like the appearance of it.

The Three Bills.

The next president of the United States will be named William. There is no getting away from that. Whether his last name be Hearst or Bryan or Taft, is yet to be ascertained; but one important point is fairly settled, his christian name is Bill.

The English papers are endeavoring to fix upon Judge Taft the nickname of "Big Bill." His enemies allude to Mr. Bryan as "Windy Bill." Mr. Hearst is moving too fast to be tagged, though "Norman Slapgood," as Mr. Dooley calls him, has suggested "William-also-ran-Dolph Hearst."—Toronto World.

A Species.

"Mrs. Kwivvery is one of those anticipatory people, and I simply can't carry on a conversation with her without getting so nervous I feel as though I should fly to pieces," says the lady with the jade brooch. "Anticipatory?" asks the lady without any

long gloves. "How is that?"
"She listens faster than you talk to her."

Dried Tomatoes.—The flavor of dried to

Dried Tomatoes.—The flavor of dried tomatoes is quite different from those preserved for canned. Slice in thick slices, spread on plates and dry in a hot oven. To prepare them for the table, soak in cold water over night then simmer till soft; sweeten to taste cook five minutes, and serve quite cold.

Pickled Onions.—Select small, white onions, and put them on the stove in cold salted water. When the onions become hot take them out and peel off the skins. Dry them on a cloth and put them in jars. Boil half an ounce of allspice and half an ounce of cloves, tied in a bag, in a quart of vinegar. Strain, and pour over the onions while it is hot. Cover the jars tightly, and keep in a dry place.

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Piccalilli That Will Keep Well-Chop separately a peck of green tomatoes, a large head of cabbage, a dozen green peppers, half a dozen red ones, and a dozen average-sized onions. Mix them and put layers in a cloth, sprinkling each with salt. Tie up, and let hang over night to drain; then squeeze as dry as possible with the hands. Cover with cold, dilluted vinegar, let stand six hours, then drain and squeeze as before. Mix togethes a scant teacuptul of mustard seed, three tablespoonfuls of celery seed, three tablespoonfuls of ground allspice and two teacupfuls of grated horseradish. Add a pound of sugar to sufficient vinegar of full strength to cover the chow chow, and cook it in the sweetened sugar half an hour, then add the mixed spices, cook ten minutes and can while hot.

MARRIED.

CLUFF-FARRELL.—At the residence of the bride's father, on September 25th, by Rev. E. C. Turner, Myrtle E., eldest daughter of Herbert Cluff, Northampton, and Alexander Farrell, of the same place.



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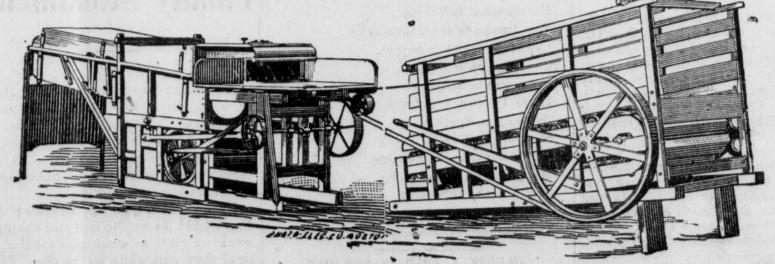
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