

New Ideas for Tired Housekeepers.

Inventive housekeepers are discovering of late that flannel maddie, the dried smoked haddock, is susceptible of many little changes in the way of treatment, with a pleasing new breakfast and luncheon dishes as a consequence.

For instance, take half a pint of the cooked fish minced fine, a quarter of a cup of fine bread crumbs, yolks of two eggs (hard boiled and passed through a sieve), two tablespoonfuls of melted butter, a quarter teaspoonful of salt, two drops of tabasco, one and a half cups of milk, two raw eggs well beaten. Combine these ingredients, fill buttered timbale molds and bake in the oven, having the timbales stand in a tin of hot water until set. Umami, sprinkle with minced parsley and serve with thick cream sauce. Halibut, salmon, or lobster can be treated by this receipt also.

Another hint, still apropos of the finny folk of the deep: In these months when R is missing and oyster pie is denied for this reason to its devotees, it is worth remembering that clam pie, if well made, is equally appetizing. Little individual pies of this sort are specially tasty and novel as an entree or supper dish. Either hard or soft shell clams are used. If the latter are selected the black part must be clipped away with scissors. Chop them, put into individual baking dishes add a very little pepper and no salt, unless the family has a special salt tooth, as the clams themselves are briny creatures; a dredging of flour and on the flour small pieces of butter dotted here and there all over the surface. Then cover each dish with a thin, rich piecrust. Bake until the crust is a pretty brown. Serve very hot.

This recipe for a rich and delicious dessert comes from that region of luxurious cookery—New Orleans. Fill the lower part of the double boiler with hot water, and in the upper section put the combined ingredients: One pint water, juice of two oranges, grated rind of two oranges, two cups of sugar and beaten yolks of ten eggs. Stir over the hot water on the fire until the mixture thickens to the consistency of cold custard. Cook, put in a freezer and freeze until frapped. Now add beaten whites of five eggs and one cupful of almonds that have been blanched, sliced and delicately browned. Freeze to the desired consistency, and let the cream stand several hours before serving. Serve with cold whipped cream.

While fresh strawberries are with us a very delicious sort of fruit drink is possible for a dance or card party or merely as refreshment at home some warm night in early summer.

One cup or more of sweet, ripe berries are washed and picked, two ripe bananas are peeled and sliced as waffer-like as possible, and two or three thick slices of pineapple are subdivided into cubes. The fruits are carefully mixed together, as it is pretty to have them keep their shape as much as possible.

A large lump of ice is put in the punch-bowl and the fruits poured on this. Sweeten to taste with granulated sugar or syrup sugar and next pour on two quarts of charged water or lemonade. The last should be quite strong if it is employed. Set the punch aside if possible, for an hour before serving.

This original breakfast dish, made from a manuscript recipe, is a great favorite in one household where good things are appreciated as such:

Thoroughly drain the water from a quart of clotted milk by suspending it in a cheese-cloth bag. When there is no longer any drip from it beat the cheese for a moment or two, with salt and pepper to taste. Add one-fourth pint of sweet cream and half a pound of finely minced cold boiled ham, which last must contain no fat whatever if the dish is to be at its best. Stir together, roll into balls or mold in forms, and serve on lettuce leaves, trimmed with slices of olives or sweet pickles.

To many housewives the delicious pulled bread enjoyed at the best hotels and restaurants never occurs to mind as a possibility for the home table. Yet it is not difficult to prepare, and where there are delicate digestions in the family may even be regarded as a health investment in addition to its tastiness.

When the fresh loaf has cooled peel off the outside, and pull the halves lengthwise, using a couple of forks to do it with. Now pull the halves further into quarters, then into eighths, leaving the strips ragged, just as they are formed in the process. Line a baking pan with soft paper and lay the strips in it. Dry out in a moderate oven, leaving the oven door open. When thoroughly dry, close the door and brown to a dainty shade. It should be reheated just before serving.

We must go forth and leave our past; let us go forth nobly as those whom greater thoughts and greater deeds await beyond, and thus by the discipline of all the years be made fit for the everlasting world where life shall count itself by years no longer.—Phillips Brooks.

Where anxiety begins faith ends; and where faith begins anxiety ends.—George Muller.

THE JULY ROD AND GUN.

Fascinating is the best description that can be given of the opening article, "Canoeing on Lake Superior," appearing in the July number of Rod and Gun in Canada, published by W J Taylor Ltd, Woodstock, Ont. The writer and a companion, despite the doleful predictions of their friends, planned and carried out a canoe trip along the northern shore of Lake Superior and thoroughly enjoyed their holiday. They hugged the shore carefully except on one occasion when the temptation to make a short cut across a by proved irresistible. At the end of the experiment they shook hands and promised each other not to do it again. This will convey to readers far better than a long description, an idea of their experience. "Canoe Trips in Temagami," describing the conclusions from the experiences of several seasons in fire ranging, is a most readable article. Fishing stories from several provinces are timely, while big game hunters are not forgotten and articles on sheep and bear hunts furnish fine reading. Mr Vance's experiences with minks will attract all lovers of our wild animals and may tempt some to try their hands at similar work. In addition there are many other articles, every one appealing to those interested in some phase of out-door life, and the whole forming a number no sportsman should miss.

Arabs On The Move
(CHICAGO NEWS.)

"Their whole lives are given up to the breeding of their flocks and herds and to systematic robbery," writes Douglas Carruthers of his experiences in northwestern Arabia. "The Bedouin lives in his tent for a week at a time, or until the fit comes over him, and he calls his companions and off they go on a foray to steal camels in order to increase their own herds. The Arab's great idea is to possess a rifle for that means power. In order to do this he must steal camels. So having stolen camels, he purchases a rifle, then come more raids to take more camels, this time in order to buy a wife. Camels are their sole means of exchange. We constantly changed camp and wandered across the desert in search of new pasture. At dawn I used to find the camp astray and the tents being taken down by the women and rolled up into huge bales, while the boys herded the camels and the men loaded them up with the household impediments. When the camels were laden the small children were lifted on to the top of the loads, where they seemed perfectly at home. Then, when all was in readiness, the migration began, and each family, with its own compact little caravan, set off across the desert.

Principle Of Air Flight

FRANCIS ARNOLD COLLIN IN AUGUST ST NICHOLAS

Every boy who has played the thrilling game of "ticky benders" on particularly thin ice has applied the principle of the aeroplane or heavier than air machine. As long as one fairly flies along the ice will bear one's weight, although it may sag or threaten. Let the speed slacken for an instant, or the skater come to a standstill and the experiment will be at an end for that day at least.

Now an aeroplane may be kept aloft on exactly the same principle. Let these broad planes stand still for a moment and they will begin to flutter downward or turn on edge and plunge swiftly to the ground. By keeping them moving, however, they gain the very slight supporting power of the air. The greater the speed the more level is the flight and the less the chance of falling. An aeroplane flight, therefore, is a glorious game of ticky benders high up among the birds.

Scarcity of Golf Balls

(Consular Report)

Owing to the increased price of rubber a further rise in the price of golf balls is anticipated by the Scottish golf players, concerning which Consul H D Van Sant, at Dunfermline, says:

"At present the price of the best standard is 60 cents, which is an advance over a short time ago. It is said the price will soon be 3 shillings (73 cents). This expected advance raises the question of a return to the old fashioned 'guttie.' At the time the new American rubber ball first made its appearance in Scotland its introduction was strongly opposed by some of the leading golfers' associations, both professional and amateur. But the Haskell ball from the States was out, and to-day its use is practically universal, yet the talk now is that if prices for the rubber article keep on advancing a return to the 'guttie' is among the possibilities. It is said the objection that links are now laid out for the longer flying rubber core golf ball can be met with the statement that contrivances for adding to the flight of a ball may be introduced at any time, and the courses can be altered to meet the requirements of any change. The 'guttie' was the original ball used in Scotland, the first home of golf."

In putting down a carpet it is an excellent plan to slide a pair of rubbers over the shoes. The rubber enables the carpet to be drawn out and stretched by simply walking or pushing the carpet with the feet from the centre to the corners.



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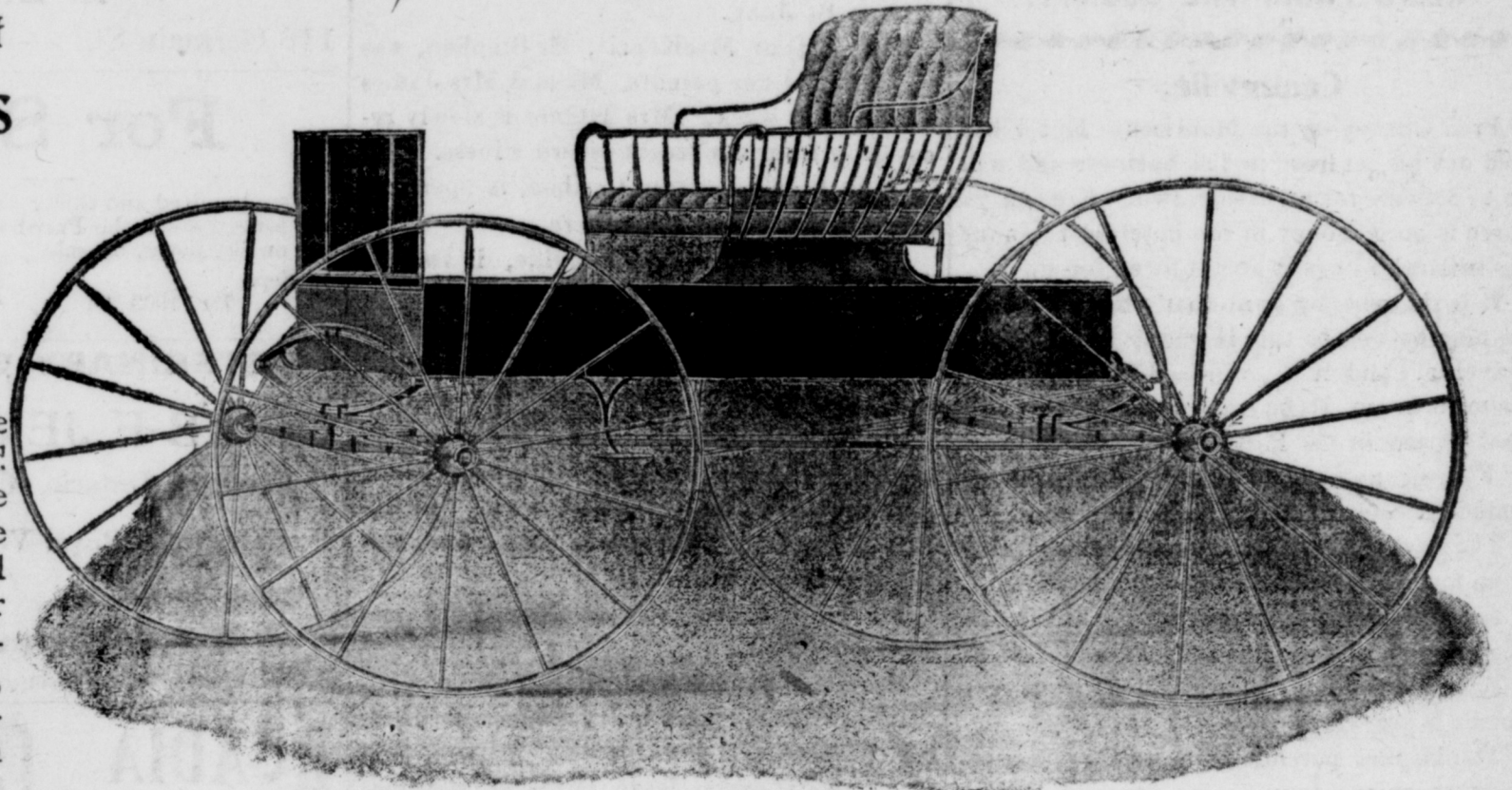
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THE CONTROL OF DISEASE.

It is well sometimes to pause and take bearings with regard to the problems of health and sickness. With the many wonderful discoveries, the serums, the immunities and the improved knowledge of hygiene, what is the situation today? There are plenty of statistics which, although they cannot lie, do not always tell the truth. It is known that, although many diseases are wiped out, and many others doomed to extinction at a near day, there are other disorders ominously on the decrease.

Typhoid fever, one of the most dreaded of physical ills, is now positively known to be due to polluted drinking water, or milk, or other food, or to be spread from house to house through the agency of the fly, and its days are numbered.

Yellow fever and malaria are no longer regarded as visitations of the will of Heaven but are recognized as due to the visitations of mosquitoes; and it is not really necessary to have those mosquitoes, although it may take some time and hard work to get rid of them.

Di, theria still rears its head, but it is no longer formidable, since the antitoxin for it has been found.

Tuberculosis is still all too common, and the destruction of it will mean toil and care for humanity for years to come, but the work is well under way. The great start was made when this dread disease was moved by common scientific consent from the 'fatal' to the 'curable' class.

When this has once been done in regard to any human ill, it is then for humanity to take care of itself.

Those nations that are willing to spend the most money and take the most pains to wipe out disease are coming out first in the race.

Great cities have learned the lesson that it pays them to take care of the health of their populations. It is much to expensive to permit unnecessary sicknesses. Clean water pays, clean streets pay, decent housing for the poor pays.

The boards of health are doing much in these directions and in many others, and as time goes on they will do no more. As people are educated in these matters they will be willing and able to give more and wiser cooperation. It is safe to prophesy that the day is coming when people will refuse to put up with preventable nuisances, and when the house-fly, the mosquito and rat will be extinct; and when, if people want to know anything about tuberculosis, they will have to read about it in books.—Youth's Companion.

Oriental and Occidental ideas of a compliment do not always agree.

A little Japanese attended a banquet and sat near an American Colonel's wife. The lady said:

"Mr Takashiru, you compress the ladies' feet in your country, don't you?"

"Oh no, madam, that is a Chinese custom," said Takashiru. We Japanese allow our ladies' feet to grow to their full size. Not that—"

And he bowed and hissed in the polite Japanese way:

"Not that they could ever hope to rival yours, madam!"

A speaker at a Congregation meeting in East Orange told of a Westerner's opinion of the East.

"This man," said the speaker, "was a prominent churchman and had occasion to visit New York, where he remained for a few days. In writing of his experience to his wife in the West he had this to say:

"New York is a great city, but I do wish I had come here before I was converted."

Blind Animals.

Most boys and girls are familiar with the saying, 'blind as a mole,' but like many other popular sayings, it is incorrect, says the 'Christian Advocate.' The English mole has eyes, though they are small ones, indeed, it does not need to see much, its life being nearly all passed underground. In America there is a water mole with eyes so tiny that it is difficult to put a human hair into the opening. Still, in Southern Europe, there is a species of mole which does not have so much as a suggestion of eyes.

When we come to the reptile family, we discover another mistake, for the blind-worm a familiar British snake, is not blind, but has quick and clear sight. Snakes which are nearly or totally blind are, however, found in caverns, and these find their prey—chiefly small insects—by the sense of touch. Fish also, exist which have never seen the light of day, and one species, found on the coasts of Great Britain, lives as a parasite upon larger fish, clinging to them by its suckers.

Many people suppose that most caterpillars are blind, their eyes not being noticeable; but, nevertheless, they possess these organs—usually three of them, set in a triangle. We generally find that even those dwelling in the heart of a tree have eyes. Many varieties of beetle, however, are quite blind, and so are multitudes of topical ants—the driver' ant, which is one of the most active of his kind among them.

To clean tiled grates, a strong solution of washing soda thickened to a paste with fullers earth is good. This will easily remove stains of grease, while it is equally efficient in the case of grease-spotted marble. The paste should be left on for an hour or two, and then washed off with a flannel dipped in a hot lather.