

*Ladies!*

WHICH appeals to you more? A truth backed by a bond of good faith, or a mere claim?

Judge this:

REGAL Flour yields the best quality and the utmost quantity of bread per barrel of any flour in the world. Costs a bit more but you save on the quantity it bakes. Lovely loaves, white and light. Fine flaky pastry too.

Essential point:

Try one barrel. If we have not here signed our name to the truth, your dealer will return your money. Then we must pay him. And worse still, we shall lose your good opinion forever. Remember—Regal—the flour that is used exclusively by many of the best bakers in the provinces.

LAWRENCE FLOUR MILLS CO. Limited  
W. J. Williams

FRENCH ROLLS

Beat two eggs, and mix them with half a pint of milk and a tablespoonful of yeast; knead well and let it stand till morning; then work in one ounce of butter, mould into small rolls, and bake at once.

SPONGE JELLY CAKE

Ingredients—Three eggs, one ounce of sugar, one cup of flour, one dessert-spoonful of baking powder, three table-spoonfuls of boiling water,

Mix the baking powder with the flour, and beat each of the eggs separately. Then mix all the ingredients together, and bake in jelly tins in a brisk oven. When cool, chocolate frosting put between the cakes makes them delicious, or jelly if preferred.

ENGLISH APPLE CAKE,

English apple cake, made as follows, is a very nice dessert; it may, if desired, be served warm with sauce. Peel six large apples, core them and chop them roughly with two pieces of candied orange peel, a little ground cinnamon, a teacupful of sugar, and two teacupfuls of bread crumbs. Mix these well together with two whole eggs. Line a cake tin with well-buttered paper, put in the mixture and bake for one and a half hours in a moderate oven. Turn out carefully on a sieve. When cool, take off the paper, and sprinkle freely with white sugar.

DO NOT WASTE YOUR FATS.

Fats that are derived from the cooking of bacon, ham, chicken, beef and other meats should be kept, each in its own receptacle, to be used for different purposes.

Home rendering of both suet and leaf lard has its advantages, because the product is generally superior to what can be bought for the same price.

Both suet and leaf lard require cooking in order to loosen the fat from the tougher membrane that holds it. For this purpose the material is cut in small pieces and covered with water, and allowed to cook slowly for some time until no more water remains and the scrap has turned to a light brown.

A better method for suet is that used by German housewives, who economize on butter by the use of beef fat more than do American housekeepers. The suet is cut in small pieces and covered with water in which it is allowed to soak for a day, the water being changed once in that time. It is then drained and put into an iron kettle with one-half teacup of skim milk to every pound of the suet. It should be cooked very slowly until the sound of boiling entirely ceases.

When it has partly cooled it should be carefully poured off. This fat has no unpleasant taste or odor, and in many recipes may be substituted for part of the butter. Some cooks add a pound of leaf lard to four or five of the suet; this makes a softer fat, as lard has a lower melting point than beef fat.

An old-fashioned method of clarifying fat from the soup kettle, or from cooked meats, so that it may be used in the kitchen, is to add the cold fat to a liberal quantity of cold water, then heat slowly and let cook for an hour or more. When cold, the cake of fat is removed and the lower portion, which will contain the small particles of meat, etc., should be scraped away and the white clear fat saved. If the flavor or color of both are not satisfactory the process may be repeated several times. Another method which is often recommended is to cook a number of slices of raw potato in the boiling fat.

When an ice chest is used, fat in small quantities may be easily kept sweet for cooking purposes. If lard is rendered at home in quantity sufficient for a long time, it should be kept covered in tin or earthen jars, in a cool, dry place as in a cellar or storeroom.

The sale is reported of Christmas Island, about 100 miles south of Honolulu, and a vessel of the historic "white squadron," has been sold to junk dealers in Holland. She brought \$21,000. She was built twenty-six years ago. For a long time she has been in service as a receiving ship at the Charleston yard.

The famous Atlanta, one of the first ships of the United States new navy, and a vessel of the historic "white squadron," has been sold to junk dealers in Holland. She brought \$21,000. She was built twenty-six years ago. For a long time she has been in service as a receiving ship at the Charleston yard.

Rain Has Disastrous Effect On Crops

MONCTON, Aug. 7.—The continued rains in this part of the province are having a disastrous effect upon the crops. In this country there are hundreds of acres on which it is impossible at present to carry on haying operations and even on the upland farms, where the soil will allow the work to be done, it is practically impossible for the farmers to do anything owing to the almost continued showers. Many tons of hay will rot in the fields, having been cut down and not dried sufficiently between showers to be taken care of in the barns. Many farmers, who last year had their haying all done at this date, are this season still waiting for favorable weather conditions to begin haying. Root and grain crops are also being seriously affected by the wet weather.

Prizes Offered by the Canadian Seed Growers' Association For Selected Seeds.

Official notice is given by the above organization that substantial prizes in the form of Cash and special trophies, and offered for seed grown in the province and exhibit at the next Annual Winter Fair or Provincial Seed Exhibition. The date of this Exhibition will be made public later.

In addition to the regular prizes offered to members of the Association, special cash prizes are offered to boys and girls between 12 and 18 years of age, for Exhibits of "Spring Wheat" and "White Oats." A sweep stakes prize in the form of a beautiful gold medal donated by Dr. Jas. W. Robertson, is also offered to the boy or girl having the best Exhibit of oats in the Maritime Provinces Quebec and Ontario and wheat in each of the Provinces of Manitoba, Saskatchewan and Alberta. Each of these Exhibits is to consist of a sheaf which must be at least 6" in diameter at the band, and a gallon of threshed grain. The plants for this sheaf should be selected by hand from the field before the crop is cut.

Those proposing to compete for these prizes should arrange at once to make the necessary selections and should also write to Secretary, Canadian Seed Growers' Association, Ottawa, Ont. and obtain a copy of the prize list rules and special arrangements regarding the transportation of exhibits.

Now is your chance boys and girls; Even if you don't happen to win a prize the experience you will gain will increase your chances next time.

Springfield Republican: There are nearly three times as many British workmen as American employed in building the Panama Canal, the census figures showing 30,859 subjects and 11,850 citizens. There is nothing specially significant about it except that the nearby British islands and other colonies have been convenient places for getting acclimatized workmen who want that kind of a job.

It is announced that the Armour Company have taken over the Fowler Canadian Company's plant, and will make Hamilton their Canadian headquarters. The plant will be doubled in size and eventually Hamilton, according to the head of the big concern, will have the biggest packing plant in Canada.

That Bald Spot

Don't let that bald spot grow! Go to your druggist at once and get a bottle of Parisian Sage and if that don't check the falling hair, and cause new hair to grow, nothing will.

Dandruff is the cause of baldness; dandruff germs cause dandruff. Parisian Sage kills the germs; eradicates dandruff, stops falling hair and itching scalp. We will refund your money, if it fails to do this in two weeks. Parisian Sage will cause the hair to grow, if the hair root be not dead. It causes the hair to grow thicker, more luxuriant, and puts new life into it.

The girl with the Auburn hair is on every package of Parisian Sage. It is sold for 50c. by all druggists or sent postpaid by The Giroux Mfg. Co., Fort Erie, Ont., on receipt of price. Sold and guaranteed by E. W. Mair.

A Toronto newspaper reports that cabbages are not wanted on the local market, and are selling for anything they will bring, some crates containing twenty-seven each, having been bought for as little as fifty cents. This is at the rate of less than two cents a head. Cucumbers are down to 75 cents a basket, onions to 15 cents a dozen bunches, new laid eggs to 28 cents a dozen, and butter to 28 cents a pound. And this on the open market.

A city ordinance went into effect in Chicago on Tuesday prohibiting girls under eighteen peddling on the streets, selling newspapers or any merchandise. The ordinance was passed at the instance of Miss Jane Addams, of Hull House, and is designed to prevent the frequent attacks on young girls sent from their homes to sell papers, gum and small boxes of candy.

Eastern Maine will receive \$6,600 out of a total of \$13,000 from the automobile fund appropriations voted by the council at its sessions Tuesday morning. Cary Plantation will receive \$1,500 to be expended on the road when leads from Houlton to Calais; Connor Plantation will receive \$1,500 to be expended on the highway between Caribou and Van Buren; Coribou will receive \$1,000 to be joined with \$1,000 appropriated by the town for improving the main road to Presque Isle.

Aroostock Republican

Circus Employes Have Close Call

Richibucto, N. B. Aug. 7.—As the Haag circus was leaving here at an early hour this morning some cars ran wild and in the incline leading to the wharf came into collision with a new passenger car owned by the K. N. R. Happily the brakes were on, but the force of the impact drove this car against a flat car, lumber-laden, which was hurled into the river damaging the boat owned by George Long. Had the passenger car not been in the way nothing could have saved the circus car from the fate of the flat car, and the sleeping men occupying it would likely have been drowned like rats in a trap.

COMP'NY. (Chicago News.)

Comp'ny's come for dinner— That's what makes these tears, Got to wear my Sunday suit, Wash my neck and ears; Got to git my hair combed up Slick as it kin be; Comp'ny's come fer dinner Jest to pester me! Got to hold my horses When they's comp'ny here, And git waited on th' last, Like I didn't keer; Got to mind my manners, Nice as ennything— Comp'ny gits the drumsticks And I git a wing! Comp'ny's in the parlor— That's whut childern gits! Wisht I wuz a lion—I'd Scare 'em into fits, Then, when they wuz tremblin, 'Tell you whut I'd do; I'd eat up th' comp'ny And th' dinner, too!

A rural magistrate, listening to the testimony of the witness, interrupted him, saying:

"You say that you made a personal examination of the premises. What did you find?" "Oh, nothing of consequence," replied the witness. "A beggarly account of empty boxes," as Shakespeare says. "Never mind what Shakespeare said about it," said the magistrate, "He will be summoned to testify for himself if he knows anything about the case."

"Satisfaction Guaranteed" Is The Rule of This Studio in Every Case.

THAT MEANS that you need not accept work from us that fails to please you. In fact we would much prefer that you did not, for we consider the satisfied patron our very best form of advertising and we are in business to stay.

We Please Others We Can Please You

Give us a trial

Wilson's Photo Studio.

Hair Goods

OUR SPECIALTY.

"Consider the postage stamps say's Josh Billings, it makes its Mark by sticking to one thing till it arrives. So do we. Our sole Business is the Manufacturing and importing of the latest fashionable Hair Goods at lowest possible prices. We carry all the latest novelties in Fancy Bands, Nets, Barettes, Combs, Etc. Give us a trial order to prove the satisfaction we can give you.

Mrs. A. F. Winslow

The Reliable Hairdresser  
REGENT ST - WOODSTOCK

WANTED

A live representative for Woodstock and surrounding District to sell HARDY NURSERY STOCK for

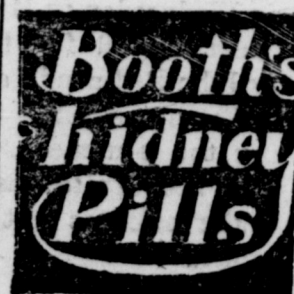
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and meet the tremendous demand for fruit trees throughout New Brunswick at present. The special interest taken in the fruit growing business in New Brunswick offers exceptional opportunities to men of enterprise. We offer a permanent position and liberal pay to the right men.

STONE & WELLINGTON, TORONTO, ONT.

Women Suffer More than Men

Women have more than their share of the aches and pains that afflict humanity. They must "keep up," in spite of constantly aching backs, or headaches, dizzy spells, etc. Mr. Edward Calwood of 123 S. Harold Street Fort William, Ont., says: "I suffer with dull miserable pains, soreness across my back and in my sides for months. They would catch me so badly at times that I could scarcely move around. I would have dizzy spells and altogether, felt generally run down. After using a number of remedies without finding relief, I learned of Booth's Kidney Pills and found them an excellent remedy. They not only relieved me of the miserable pains and soreness in my back but cured me of my kidney trouble."



Booth's Kidney Pills cure Backache, Dull Shooting Pains, Thick and Cloudy Urine, Gravel or Stone, Rheumatism and all diseases of the kidneys and bladder.

All druggists and dealers 50c. box or post paid from The R. T. Booth Co. Fort Erie, Ont. If you derive no benefit your money will be refunded. Could we say more? Sold and guaranteed by E. W. Mair.

A DAILY THOUGHT

In building for the future, make every day a square-hewn stone, firmly set, upon which others may be laid in safety.

An Honest day's work conscientiously performed leaves so much less to be done.