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Household Hints

New Pot Roast

Owing to the high price of meats, the following recipe for one of the cheaper cuts will be welcomed by many house-keepers: Select a piece of beef from the chuck or rump, as preferred, weighing from three to six pounds; rinse off with cold water and wipe dry with cloth. Have ready in a kettle some hot fat, one tablespoonful to every two pounds. Sear the roast over quickly on all sides in the hot fat until brown; then cover with boiling water and add your spices and vegetables. All the water desired should be poured in this first time, as the flavor is spoiled if the juices are allowed to boil away and more water added frequently. The water must be at the boiling point. The seasoning should consist of salt, pepper, the very important paprika (one-half teaspoonful to every two pounds of beef), two or three bay leaves, about one teaspoonful of celery seed, three or four whole cloves, a dash of cinnamon and ginger. The vegetables are one large onion sliced thin, one-half can of tomatoes and several carrots scraped and cut into pieces the size of a walnut. A very small bit of garlic improves the flavor of it, if it is liked. The meat and vegetables should cook slowly for from three to four hours.

Spice Cake

One and one-fourth cups sugar, 1-2 cup shortening, 1 egg, little salt, 1 cup sour milk, 1 teaspoon of soda, 1 cup chopped raisins, 1 teaspoon each of cinnamon, allspice and cloves, flour enough to thicken.

Parisian Sage Will Grow More Hair

Parisian Sage will stop falling hair in two weeks—cure dandruff in the same time and stop scalp itch at once. It makes the hair soft, silky and luxuriant.

As A Hair Dressing

Parisian Sage is without peer. It contains nothing that can harm the hair—it is not sticky, oily or greasy and prevents as well as cures diseases of the scalp.

Women and children by the thousand use it daily as a dressing and no home is complete without it.

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Druggists and stores everywhere guarantee Parisian Sage and will refund your money if it fails. Ask druggist E. W. Mair what he thinks of it. He sells it at 50c. per large bottle or you can secure it by mail postpaid from Giroux Manufacturing Co., Fort Erie, Ont. See that the Girl with the Auburn Hair is on each package. Sold and guaranteed by E. W. Mair.

Morgan Shuster Shows Much Anger

New York, Feb. 27.—W. Morgan Shuster, former Treasurer General of Persia, speaking last night at three different functions, dinners of the Twilight Club and the Missouri Society, and a meeting of the Woman's Municipal league, declared that he had come to believe that the Persian government is to be "snuffed out," after having read recent despatches regarding a Russian-English plan to take full control of that country. Mr. Shuster denounced the English government for its share in the "seizure of Persia," and the part taken by Sir Edward Grey of the English foreign office. If ever a high-minded people have been misrepresented by a sordid, mercenary, pusillanimous government, the British have been," asserted, "and marks of high honor have been bestowed on the man who has done most to debase his people in the eyes the world."

FEEDING BRAINS

Why Studious Children Always Crave Oatmeal

Nature gives oats more organic phosphorus than to any other grain she grows. And phosphorus is the brain's main constituent. Brains can't grow, brains can't work without it.

Oats also contain more lecithin—the nerve food—than any other grain. They form our greatest energy food.

That's why growing children love oatmeal. Some instinct within them calls for these elements, and woe to the child who doesn't get all it wants.

The right oats for food are the rich, plump grains. In the choicest oats there are but ten pounds to the bushel. In making Quaker Oats these choice grains are selected by 62 separate siftings.

Quaker Oats—just the cream of the oats—costs but one-half cent per dish. One dish is worth two dishes of common oatmeal. Don't you think it would pay to serve your children such oats? Made in Canada. (172)

THE ROYAL BANK OF CANADA
Pays special attention to
Savings Accounts

NOTICE!

All those in arrears for Water and Sewer rates are hereby notified that in order to ensure a continuance of the service, it is necessary that the said arrears be paid without further delay.
A. G. FIELDS, H. W. BOURNE,
Supt. Collector.
Woodstock, N. B., Dec. 14, 1911. 29tf

Health Improving

Letters received from Mrs. J. H. MacDonald, now in Huntingdon, West Virginia, state that the health of Rev. Dr. MacDonald, pastor of the Brunswick Street Baptist Church, shows encouraging signs and a gradual improvement is expected. Rev. Dr. MacDonald is taking a course of treatment, the principal parts of which are light exercise, sufficient rest and absence of work and worry. His many friends will be pleased to hear such encouraging reports.

BENEFICENT ROCKEFELLER

Not Bright Enough to Do Business in New York, Better go Back to New York, According to the Hat Boy.

Some folks think that Percy Rockefeller is the rising hope of the Rockefeller family. He is credited with being wise and wary, equipped with a positive gush of conversation that doesn't commit, when that sort of chatter is needed, and to be so silent at other times that a dungeon in a deaf and dumb asylum would sound like the whispering gallery in St. Paul's Cathedral in comparison. He keeps a thumb on the public pulse, and knows a lot of things about popular sentiment that many other rich men do not know.

The other night he went to a restaurant with a party of friends. The restaurant is rather a favorite of his, and the immature pirate in charge of the hat-room had learned to know him. Mr. Rockefeller handed him his mused and desiccated old brown hat as he entered. It was a good hat,—once. The hat pirate looked on Mr. Rockefeller with pity in his gaze. By and by Mr. Rockefeller's little supper ended, and he returned to the coat-room to retrieve his hat. Instead of that decrepit old brown lid, the boy handed him a brand-new one, of the same general form and bearing the label of America's most expensive maker. It fitted Mr. Rockefeller perfectly, but he handed it back. "That isn't my hat," said he.

"Get wise, boss," said the hat pirate. "Nudge by with it while you can. It's worth ten of them old kettles you been wearin'."

Mr. Rockefeller said that was undoubtedly true, but he did not want to rob an unknown of a new hat.

"Say," said the boy, in disgust. "I thought I was doin' you a favour, because you been a good feller. But you better go back where you come from. You ain't bright enough to do business in Noo York."

THE BLOOD AND THE BRAIN

To Get the Best Brain Work the Blood must be Maintained in Healthy Condition.

As all brain action is dependent upon the blood—that is the heart action—we frequently look for an explanation of unhealthy mental conditions in the state of the blood. Unusually low blood pressure is generally associated with the mental states characterising brain-fag, neurasthenia, etc.; anaemia or poorness of the blood quality will produce also mental incapacity and dullness—a man whose blood is not healthy cannot be alert and decisive. Bad food combinations (such as cheese and tea together) and ignorant eating are responsible for much more than indigestion, serious as that is in itself. It is by such mistakes that the blood is rendered less valuable to all the organs of the body, including, of course, the brain. The powers of memory are directly influenced by biliousness and an over-acid condition of the blood. Again vigorous brain action depends largely upon the regular and speedy elimination of the waste products of the body; if these do not get out by way of the bowels and kidneys they are taken into the blood, and this, fouled as it is, is yet sent by the wonderful pumping mechanism of the heart to the remotest corner of body and brain. Simple food, plenty of water to drink between meals, fresh air by night and day, regular exercise and deep breathing will keep the blood at its best, and that in its turn will do good work for the brain.

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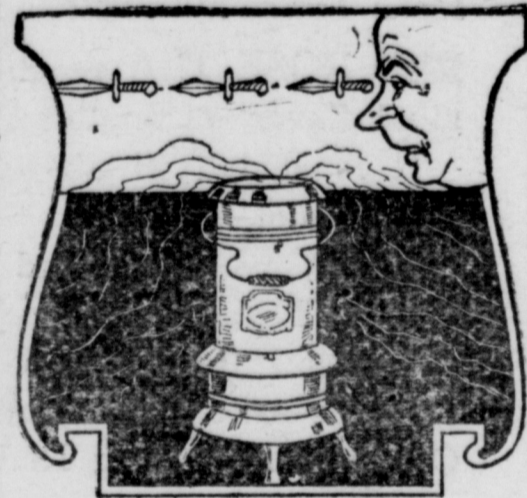
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