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Household Hints

Banana Salad.

Select firm, ripe bananas. Peel and
divide in two, lengthwise. Arrange
cross on individual plates, place a half
banana on each, sprinkle with nuts and
add a spoonful of mayonnaise.

Banana Fitters.

Make a batter of one cup of sweet
milk, two cups flour, heaping teaspoon-
ful of baking powder, two eggs, with
the whites and yolks beaten separately,
one tablespoonful of sugar and a salt-
spoonful of salt. Heat the milk a little
more than milkwarm, add it slowly to
the beaten yolks and sugar, then add
the flour and whites of eggs. Stir all to
gather and throw in slices of banana,
dipping the batter over them; drop into
deep fat in large spoonfuls and fry a
light brown.

Bananas With Rice.

Parboil half a pound of rice in plenty
of slightly salted water. Drain in a
colander and rinse with cold water; then
put in a double boiler with one pint of
milk and cook until the rice is tender
and the milk all absorbed. Add a table-
spoonful of butter, the grated rind of
half a lemon, the beaten yolks of two
eggs and four level tablespoonfuls of
sugar. Cook for a few minutes longer
and then fill into a buttered border
mould. Stand in a warm place for ten
minutes, then turn out carefully and fill
the centre with sliced ripe bananas,
pour over them a sugar syrup flavored
with orange and lemon juice.

Hyomei

Death to Catarrh Germs!

Hyomei (pronounced High-o-mee) means
death to catarrh germs in a few hours. It is
the only guaranteed Catarrh Cure.

When you use Hyomei, you don't swallow
nauseating drugs. You simply breathe in the
soothing, pleasant and antiseptic Hyomei air
through a little pocket inhaler. As this
medicated vaporized air passes over the in-
flamed parts relief comes almost at once and
a cure follows.

Your druggist E. W. Mair will sell you a
complete outfit for \$1.00 and what is more
he will refund you your money if after using
Hyomei according to directions, it fails to do
all that we claim. Hyomei is guaranteed to
cure catarrh, croup, grip, cold in the head,
asthma, etc. Hyomei can be obtained from
all druggists and dealers, or postpaid on re-
ceipt of price from The R. T. Booth Co.,
Limited, Fort Erie, Ont.

All He Said.

A Chinaman was called as a wit-
ness in the police court of Los An-
geles in the case of a driver who had
run over a dog. The judge asked
him what time it was when he saw
the man run over the dog.

"Me no sabe," replied the witness.
"I say," repeated the judge, "what
time was it when you saw the man
run over the dog?"

"Me no sabe," repeated John, smil-
ing blankly.

"We shall have to have an inter-
preter," commented his honour, as he
realized that the witness did not un-
derstand English; and accordingly
another Chinaman was called into
court to act as interpreter. "Ask the
witness," commanded the judge,
"when he saw this man run over the
dog."

The interpreter turned to his fel-
low countryman and said, "We chung
lo, he me choo lung wow, e-ho me no
chow chee, loo know so-too bing gong
tong yit ben."

To which the witness replied,
"Wong lin kee, wo hoo, wing chong
lung yue lee, kin sing, choy yoke
coey ying lung ding wah, sling suey
way san yick ling toy bing coey bow
tsu, po long po gou hung mow kim
quong quen lee chow yo ben tong."

The interpreter then turned to the
judge and said, "Him say, 'Two
o'clock.'"

TWENTY SIX-FOOTERS

A Startling Example of How Oats Create Height

Archdeacon Sinclair, in advising boys to
eat much oatmeal, said this: "Among my
brothers and my father's brothers and sisters
there were 20 six-footers, all brought
up on oatmeal."

Oats contain more body-building food,
more brain-building food, more nerve-build-
ing food than any other grain that grows.
No other item in all human diet compares
in importance with oats. Nothing else
creates so much energy.

But thousands of people buy this food
carelessly. They accept oatmeal made
from oats as they run—the plump and the
small, the rich and the worthless.
Quaker Oats is made from the cream of
the oats, selected by 62 siftings. Only ten
pounds in a bushel are good enough for use
in this food. The result is a richness and
flavor that all enjoy, and the maximum
value as food.

Yet Quaker Oats, despite its quality, costs
but one-half cent per dish. Does it pay to
take something inferior?
Made in Canada.

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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.

FACTS AND FALLACIES ABOUT TUBERCULOSIS.

A Child May be Born with a Ten-
dency to Consumption, but if
Proper Care is Taken It May
be Overcome.

Although there are many things
that we do not know about consump-
tion or tuberculosis, there are some
that we do and a few that we are in
the act of learning.

We do not know, for example, what
makes for susceptibility and what for
immunity. Strong and robust per-
sons are sometimes stricken down
with it; invalids and convalescents
from other diseases are no more sus-
ceptible to it than are other people,
and it is possible to live for an en-
tire lifetime in the condition known
as "run-down" or "weak" without
becoming tuberculous.

People, says a writer, still speak of
consumption as "inherited," but it is
not inherited. A child may be born
with a certain tendency to it, but
proper measures are taken early, and
kept up steadily and long enough,
this tendency can be overcome. A
child whose parents before him, and
their parents before them, perhaps
for generations back have been poor
breathers, will probably inherit a
small, meagre chest, and will there-
fore be the natural victim of the
consumption germ as soon as it
reaches him. That child will have to
be taught to breathe. The tendency
to pigeon-breast can be overcome and
a narrow chest developed to a nor-
mal capacity; but to do this, the
child must be kept constantly in
good air, and taught how to develop
and use the lungs. A pigeon-breast-
ed child who is being brought up on
the coddling process—oversheltered,
overfed and overclothed—is in as
much danger as if he lived under the
famous sword hanging from a hair.

WATER CARRIERS IN PARIS.

In the Modern Babylon Water is Still
Brought in the Old-fashioned Way.

Paris is rich in contrasts, and
sometimes the irony is charming. In
the height of fashion to-day is still
to be seen the picturesque water-car-
rier, and the scarcity due to the
drought once more calls attention to
his existence. On the heights of
Montmartre are to be seen these ro-
bust Auvergnats, marching with their
measured steps—and, by a fiction, the
Parsi water-carrier must always be
an Auvergnat—with his two buckets.
The extension of the water system
has gone hard with the "porter
d'eau," who in days past made a fair-
ly good living. In 1860 there were
1,253 porters; in 1880 the number had
fallen to 800; and to-day there are
few indeed. A barrel of water con-
tains about 1,000 litres, and its mar-
ket value is about five francs. Like
most other occupations in France,
the water-carrier was under State or
police supervision, and each night he
had to fill his barrel and place it in
the district he worked, so as to be
ready in case of fire, but the super-
vision has fallen into desuetude.

Sword in a Plank.

A curious discovery has been made
at Oakley Station, near Dunfermline,
Scotland. In the course of altera-
tions for the purpose of heightening
the platform, it was found necessary
to substitute a fresh plank of wood
for an old one. The latter was being
sawn up for firewood when a sword
was found imbedded in the heart of
it. The plank had formed part of the
platform support for at least fifteen
years. There was little rust on the
weapon, which was an old-fashioned
type, a short cross piece forming the
handle. How the sword could have
got where it was discovered is a mys-
tery, as there was no indication from
the outside of the plank where it
had entered, and it is believed that
it had been picked up by the tree at
an early period of its existence and
encircled with the growth.

A King's Retreat.

We often hear of Boscobel Oak,
people pointing to it as the very tree
which sheltered Charles II. after the
Royalist forces had been shattered
at the battle of Worcester. But the
Boscobel Oak is not the original tree;
it has grown from an acorn taken
from the original tree. Boscobel
House, near by, is, however, the very
house in which he hid. He lay con-
cealed in a hole beneath a trap-door
in the cheese-room, but as soldiers
were everywhere about he had to

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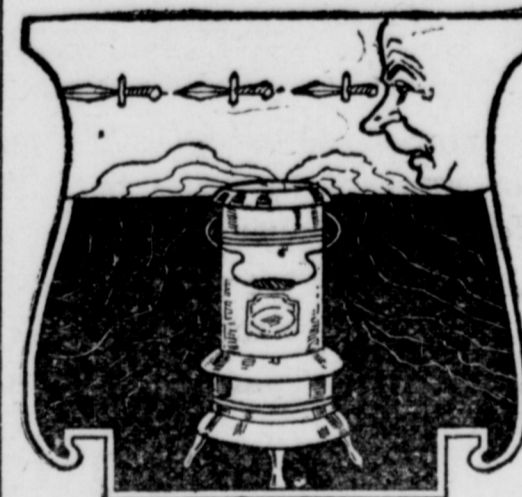
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at lowest prices.

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A Fire All the Time
A Saving of 25 to 50 Per Cent
of Fuel

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Tube Feeding the Fuel with Hot Air
All the Time

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of a heating machine than it is a
stove. It can be regulated like a
lamp. You can have your room
any temperature you wish. You
positively keep a slow fire burning
24 hours by putting in one large
stick or knot. Will heat a room
20 feet square in ten minutes in
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opening of any kind. Will save
half the fuel of the average stove.
Burns large knots, chunks, chips
and trash.

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SITTING-ROOM STOVE—Be-
cause one fire can be run all winter

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cause you heat your room in ten
minutes.

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crawl out of the chimney and make
his way into a wood and hide in an
oak tree. Returning when the dan-
ger was for a moment passed, he
spent another night at the house,
then, early in the morning, took food
and drink with him to the oak tree,
climbed up and stayed there for
twenty-four hours. During that time
Cromwell's soldiers passed beneath
the tree searching for him, and he
heard them saying what they would
do if they caught him.

A DAILY THOUGHT.

What is a failure?

It's only a spur
To a man who receives it right,
And it make the spirit within him
stir
To go in once more and fight.
If you never have failed it's an even
guess
You never have won a high success,
—Edmund Vance Cooke.