

WOMAN and HER WORK.

Until late years bananas were looked upon as a sort of foreign luxury, something like guava jelly or preserved Indian ginger. They were used sparingly, and comparatively few people cared for them; those who did had carefully cultivated the

less, his abnormal cussedness. They must make good brain food also, since the ancient Mahatmas of India, with their marvellous wisdom and learning, are said to have subsisted entirely on bananas. For one banana that is cooked at least



ELEGANT NEW COSTUMES.

The figure at the left shows a costume of navy blue velvet, combined with red green and white plaid surah trimmed with white Spanish lace. The cape is lined with surah. The figure at the right shows a cherry red surah with a Spanish flounce and plaited bertha trimmed with black lace insertion. The gown in the center is of biscuit herringbone twill, tailor made, with an open jacket and yellow vest, the jacket and waist being trimmed with narrow black velvet.

taste, as a liking for tomatoes had to be cultivated when they were first introduced. The banana was also an expensive luxury, and not within reach of those who had to live carefully,—at least as a staple article of diet.

But now all this is changed, and the banana is one of the cheapest, as well as the commonest of fruits, within the reach even of the poorest people in the United States, and sufficiently plentiful in Canada so be used on the most economical tables, and baked, roasted or fried, as individual taste may suggest.

We are accustomed to look upon the golden fruit with the tough and treacherous rind, and the delicious interior as a fruit to be eaten raw, and as a dessert, not a staple article of diet by any means, yet eminent authorities assert that it is in itself a food of rare nutritive properties containing all the essential elements for sustaining life, and that it would be quite possible to

one thousand are eaten raw, for the simple reason that few people are aware how good they are when cooked, and therefore are satisfied to leave well enough alone and eat them in the most convenient fashion; but yet I am sure, that if I could induce any of my girls to try any of the following recipes for preparing bananas, once, they would repeat the experiment very often.

Fried Bananas.

Peel and slit the fruit lengthwise; dip it in beaten egg, roll it in flour or sifted cracker crumbs and drop it in boiling fat and cook until it is a delicate brown. Drain on a sieve before serving.

Banana Toast.—No. 1.

Peel and press some nice bananas through a colander. This may be very easily done with a potato-masher, or if preferred a vegetable press may be used for the purpose. Moisten slices of zwieback with hot cream, and serve with a large

ing. Peel the bananas, and reduce to a pulp, afterward beat very light with an egg-beater. Beat the whites of eggs, one for each banana, until very stiff, add the banana pulp, and beat together until thoroughly mixed and very light. Serve on the slices of moistened zwieback.

These two recipes are American, and though I must confess my ignorance of what zwieback may be, I fancy it must be brown bread of some especial variety, and as the recipes both sound good, I have inserted them amongst my own.

Baked Bananas.

Select perfect but not over-ripe fruit, wash it thoroughly and cut off the ends. Place it in a shallow dish, an earthen one is preferable, and bake in a moderate oven for an hour. When it is done the fruit will be thoroughly soft, and most of the juice will be retained within the skins. If baked too long, or in too hot an oven, the juices will be evaporated, and much of the flavor will be lost. Serve hot with or without cream.

Bananas in Syrup.

Heat in a porcelain kettle a pint of currant and red raspberry juice, equal parts, sweetened to taste. When boiling, drop into it a dozen peeled bananas, and simmer very gently for twenty minutes. Remove the bananas, boil the juice until thickened to the consistency of syrup, and pour over the fruit. Serve cold.

Baked Bananas—Another Recipe.

Peel and split lengthwise; lay them in a plate or platter. For each half dozen use one tablespoonful of butter and three tablespoonfuls of hot water and the juice of one lemon; melt the butter in the water, add the juice of the lemon and pour it over the fruit; dredge over them six tablespoonfuls



NEW FANCIES FOR CHILDREN.

The figure at the right shows a crepon frock with bands of insertion and with lace epaulettes, the whole trimmed with braided ribbon and small loops. The center figure represents a blouse shaped coat of shepherd's check. The boy's suit is of linen shirt with fancy collar.

of white sugar and bake until brown in a quick oven.

Breakfast Fritters.

Make a batter as for apple fritters, but somewhat thicker; peel and slice the fruit in slices one half an inch thick; dip in the batter and fry in hot butter; drain the fritters on a sieve or on blotting paper; dredge with white sugar and serve. ASTRA.

The Old, Old Question.

"Mr. S." said the young woman, timidly, as the two walked along the quiet street on their way to church, "may I presume on our somewhat short acquaintance to ask you a question?"

"Why, yes, Miss M.," he answered, turning slightly pale.

"It's the old, old question, Mr. S."

He had come upon him unexpectedly. He was not prepared for it. Long, long afterwards he remembered how her voice trembled, and how the little hand that rested upon his arm fluttered with a shy nervousness that awoke a responsive chord in his knees.

Long, long afterwards he could close his eyes and see as vividly as he did at that moment every detail of the commonplace landscape that environed him—the street, with its row of gas-lamps struggling in vain to illumine the gloom of a cloudy evening; the sleepy-looking houses that stretched monotonously away until lost in the dim, foggy perspective; the sombre, bleak sky overhead, and the occasional pedestrian flitting about in the semi-darkness, like an uneasy ghost suffering from insomnia, and walking because there was nothing else to do.

"Why, Miss M.," he gasped, "certainly you may ask it if—it if you feel you must."

"Then, Mr. S.," she said, halting directly opposite a street lamp, and looking the trembling man squarely in the face, "will you please tell me if my hat is on straight?"

Episode of an Umbrella.

An accepted tradition concerning the gentler sex is the one which affirms that every woman who carries an umbrella has a malignant intention of punching out with it some other fellow-creature's eye; and it

WE Wish to Thank - - OUR Customers and Friends

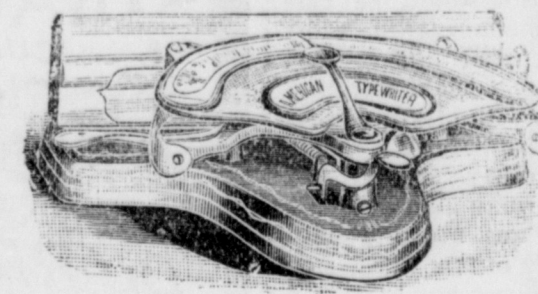
For their very liberal patronage during the last sixteen years and ask for a continuance of the same at our new store

61 KING STREET.

WATERBURY & RISING.

THE AMERICAN

\$8.00 Typewriter,



This is a well-made, practical machine, writing capitals, small letters, figures, and punctuation marks (71 in all) on full width paper, just like a \$100 instrument. It is the first of its kind ever offered at a popular price for which the above claim can be truthfully made. It is not a toy, but a typewriter built for and capable of REAL WORK. While not as rapid as the large machines sometimes become in expert hands, it is still at least as rapid as the pen and has the advantage of such simplicity that it can be understood and mastered almost at a glance. We cordially commend it to helpful parents and teachers everywhere.

Writes capitals, small letters, Easy to understand—learned in figures and marks—71 in all, 5 minutes.

Writes just like a \$100 machine. Weighs only 4 pounds—most portable.

No shift keys. No Ribbon. Compact, takes up but little Prints from the type direct. room.

Prints on flat surface. Built solid and simple, can't get out of order.

Writing always in sight. Capital and lower-case keyboard alike—easily mastered.

Corrections and insertions easily made. More "margin play" for the small letters which do most of the work.

Takes any width of paper or envelope up to 8 1/2 inches. Takes good letter-press copies

Packed securely in handsome case and expressed to any address on receipt of price—\$8.00, in registered letter, money order or certified check. We guarantee every machine and are glad to answer all inquiries for further information.

IRA CORNWALL,

Gen. Agent for Maritime Provinces, Board of Trade Bldg., St. John, N. B., or from the following agents: B. Ward Thorne, St. John, N. B.; A. S. Murray, Fredericton, N. B.; W. B. Morris, St. Andrews, N. B.; T. Carleton Ketchum, Woodstock, N. B.; Van Meter, Butcher & Co., Moncton, N. B.; J. Fred. Benson, Chatham, N. B.; H. A. White, Sussex, N. B.; A. M. Hoare, Knowles' Book Store, Halifax, N. S.; J. Bryenton, Amherst, N. S.; W. F. Kempton, Yarmouth, N. S.; D. I. Stewart, Charlottetown, P. E. I.

AGENTS WANTED.

Use Only Pelee Island Wine Co's. Wines.

OUR BRANDS. DRY CATAWBA, SWEET CATAWBA, ISABELLA, ST. AUGUSTINE, (Registered), CLARET.

THEY ARE PURE JUICE OF THE GRAPE.

E. G. SCOVIL, AGENT PELEE ISLAND GRAPE JUICE, ST. JOHN, N. B. DEAR SIR,—My family have received great benefits from the use of the PELEE ISLAND GRAPE JUICE during the past four years. It is the best tonic and sedative for debility, nervousness and weak lungs we have ever tried. It is much cheaper and pleasanter than medicine. I would not be without it in the house. Yours, JAMES H. DAY, Day's Landing, Kings Co.

E. C. SCOVIL, Tea and Wine Merchant, 62 Union Street, St. John. Telephone 323. Sole Agent for Maritime Provinces. J. S. HAMILTON & CO'S Communion Wine, guaranteed pure juice of the Grape. Registered at Ottawa.

BONNELL'S GROCERY.

We have 150 Bbls. Potatoes, ass't. kinds, viz: Snow Flakes, Kidneys, Coppers, &c. Also Turnips, Carrots, Parsnips and Beets, for sale low at

Bonnell's Grocery, 200 Union St., St. John, N. B.



HANDSOME HOME TOILETTES.

Two attractive gowns for home wear are shown above. The one at the left is of black silk with a shoulder ruffle of exquisite lace. The sleeves are of the fashionable balloon variety. At the right is a gown of white china silk with lace trimming on the front of the skirt and about the waist. Black silk bows and bands are used to finish the corsage, sleeves and skirt.

live for an indefinite time upon an exclusive diet of bananas. Indeed it is quite possible to wax fat and lusty on bananas, and nothing else, as the wily savage of the South Sea islands owes to his banana diet both his wonderful physical power, and also doubt-

spoonful of banana pulp on each slice. Fresh peaches may be prepared and used on the toast in the same way.

Banana Toast.—No. 2.

Prepare the toast by moistening slices of nicely browned zwieback as in the forego-

THE TARBOX Pillow Sham Holder.

RETAIL PRICE 75c.

Delivered, express prepaid anywhere in Canada, to introduce them, on receipt of retail price. An Entirely New Principle. Do not fold the Shams. Do not fasten to the bed. Do not crease the Shams. Do not injure the bed. People who buy one usually buy more. Send for full description. Address:

TARBOX BROS., - TORONTO, ONT.

IT POPS

Effervescent, too.

Exhilarating, appetizing. Just the thing to build up the constitution.

Snider's ROOT BEER.

Wholesome and strengthening, pure blood, free from boils or carbuncles. General good health—results from drinking Snider's ROOT BEER the year around.

One Bottle makes Five Gallons, 25c. Ask your druggist or grocer for it. Take No Other.

J. D. TURNER,

Dealer in Oysters, Clams, Pigs' Feet, Lambs' Tongues, German Mustard, Peanuts and Fruit. Fresh, Salt and Smoked Fish of all kinds. Wholesale and Retail at

23 KING SQUARE, ST. JOHN N. B.