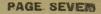
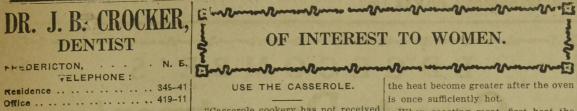
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Eleven mark mark and and the service and the service of the servic USE THE CASSEROLE. "Casserole cookery has not received When roasting meat, first heat the the consideration it should," said a oven well and then place the meat in woman yesterday when means of pre- the lower part of the oven, baste fre senting nourishing food to the family quently and reduce the heat after 20 at the smallest possible cost of money minutes. Add water when the fat in and energy were discussed.

"Most people have confounded cas- 15 minutes to the pound for beef and serole with chafing dish cookery, and twenty minutes for veal, pork, lamb have considered it more or less of a and poultry.

Meat that is cooked by long, slow heat rest of the baking. becomes tender and toothsome. The gravy is rich with fats and the addition of vegetables makes an entire well-balanced dinner when a salad or a sweet is added.

ed in a little fat. "This fat is more tasty if the onions, to brown delicately. to be used in the casserole are first friend in it. After removing the meat, brown a little flour in the fat and then add water and the other vegetables and cook at least two hours-three is better.

"J give my family casserole from left-over beefsteak to which I add two or three kidneys and a slice of bacon iver makes a delicious casserole and if one likes tripe there is no better rots, potatoes and pimentoes in a cas-

## TIPS TO THE HOME BAKER.

Burning and uneven baking are generally caused by having the oven too haff a vairyrfi hot at the start and not reducing the haff a vairy firm tread." heat while baking. In no case should

CASTORIA For Infants and Children In Use For Over 30 Years | what I am, or for what I was?" Always bears the Signature of the Hitchers **CLASSIFIED** ADVERTISEMENTS Rates for Classified Advertising. insertion ..... \$0.25 6 insertions..... 1.00 1 month..... 3.00

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the heat become greater after the oven is once sufficiently hot.

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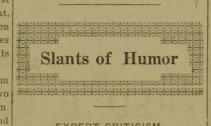
the pan begins to smoke. Allow about

For bread baking 45 to 60 minutes is

"Chafing dish cooking is rather ex- required, according to the size of the pensive and should be used by those loaves. Place the pan in the lower living in rooms where heat that is is part of the oven and after 15 minutes impossible to use the long even heat reduce the heat. About five minutes that is necessary to casserole cooking. before the bread is done let the fire "Casserole and fireless cookery are down almost completely and there will the greatest conservers of food values. be sufficient heat in the oven for the

## MARSHMALLOW APPLE PIE.

This is made by filling a pastry-lined pan with well-flavored apples, pared, "All meat should be cut in slices cored and cut in eighths. There are large enough for one portion, and sprinkled thickly with sugar and a few browned in fat. Chicken is sometimes spoonfuls of water poured over them. cooked whole, but it will be found more The pie is baked until the apples are delicious if disjointed and first brown- tender; then spread with halved fresh marshmallows and return to the oven



#### EXPERT CRITICISM.

Nijinsky, the famous Russian danc way to cook it than with onions, car- er, also a good musician, listened to a pianoforte performance, more vigorous than skilful on the part of the daughter of the house.

"M. Nijinsky, how do you like my little girl's playing?" asked the proud mother.

"Ah, madame, I think your daughter m

#### A PEEP AHEAD.

The old millionaire and his beautiful bride, had a quiet wedding breakfast, a sumptuous affair. "My dear," said the old millionaire,

"tell me, my dear, do you love me for The girl smiled down from the win-

dow into the admiring eyes of a young clubman who was passing, and said: "I love you George for what you will

#### PERSPECTIVE.

Two men were hotly discussing the merits of a book. Finally one them himself an author, said to the other "No, John, you can't appreciate it. You never wrote a book yourself." "No," retorted John, "and I never laid an egg, but I'm a better judge of an omelet than any hen.'

#### WHEN IT WASN'T STILL. Mrs. Cross - This paper says that

WANTED—Peeled Spruce and Bal-sam Pulpwood, Correspondence in-vited. Address Fraser Limited, Ed-mundston, N. B. Mrs. Cross — This paper says that parents should not expect a growing child to be still. Mr. Cross — Perhaps not. What I

THE PRICE OF HOMAGE

NCE when King Edward VII. paid a visit to Sheffield, all the fires in factories and plants were allowed to die out. Not a wheel in Sheffield turned for twentyfour hours. C. The primary object of this was to lift the pall of smoke that hovers over that wonderful steel-producing city, and to ensure, as far as man was able, a bright day and a blue sky for an auspicious occasion. C. It was Sheffield's expression of respect.

) UT the action was unique—it was unprecedented—it was unthought of that those hundreds of mighty furnaces, raging night and day, and those seething boilers, with quivering valves, should ever be allowed to cool. C. This extinguishing of fires cost Sheffield hundreds of thousands of dollars—the price of the effort to get back again to high-power efficiency.

COME business men in Canada pay an unwitting homage, not to a king, but to a superstition—the superstition that hot weather justifies letting the fires of business energy go out. They stop Advertising in the Summer months. By paying homage to tradition, custom, superstition, they have allowed Summer to become their "dull" season. C.You know how dull it can be when you don't advertise. Do you know how brisk it can be made by Advertising? Do you realize how much momentum you now lose in the Summer that must be regained in the Fall?

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