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Bears the Signature of

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OF INTEREST TO WOMEN

WATERCRESS SALAD

Pull to pieces a bunch of fresh watercress and mix with it the whites of hard boiled eggs diced. Dress with a good French dressing containing lemon juice instead of vinegar. Arrange in a mound on a plate and garnish with the rings of egg whites.

MOCK CARAMEL CUSTARD

Two level teaspoonsful of cereal coffee dissolved in one cupful of boiling water; add to this one pint of hot milk, one-half cupful of sugar, two full tablespoonsful of cornstarch dissolved in a little cold milk, pinch of salt, piece of butter size of a walnut. Cook twenty minutes in a double boiler, then remove from fire and flavor with vanilla. Pour into molds or custard cups, serve with or without whipped cream. It makes a delicious as well as economical dessert when eggs are high.

CHOCOLATE CAKE

One-half cup fat, two-thirds cup sugar, 1 cup syrup, ¾ cup of milk, 1 teaspoon salt, ¾ cups white corn flour, 1-2 cups barley flour, 6 teaspoons baking powder, 1 teaspoon cinnamon, 1 teaspoon vanilla, 2 squares chocolate, 3 eggs.

Cream the fat, sugar and egg yolks. Add the syrup and mix well. Add alternately the liquid, mixed and sifted with the dry ingredients. Add flavoring and melted chocolate. Lastly fold in beaten egg whites. Bake in a moderate oven, increasing the heat gradually after 20 minutes of baking. Bake about one hour.

PLAIN CAKE

One quarer cup butter, ¾ sugar, yolks of 2 eggs, ½ cup milk, ¾ cup rice flour, 3 teaspoonsful baking powder, ½ teaspoon salt, 1 teaspoon flavoring. Whites of 2 eggs.

Cream the butter, add sugar and egg yolks; beat thoroughly. Mix well and sift the dry ingredients and add alternately with the milk to the first mixture. Add flavoring and cut and fold in beaten egg whites. Bake in a moderate oven.

Note—Any butter cake may be made with rice flour instead of wheat by using one-half as much rice flour as wheat called for in the recipe.

BUCKWHEAT CAKE

Three teaspoons fat, ¾ cup sugar, 1 cup milk, 1 cup buckwheat, 1 egg, 1 teaspoon cinnamon, 2 teaspoons baking powder, ½ teaspoon salt, ½ teaspoon cloves, few raisins, vanilla to taste.

Follow directions for ordinary butter cake. Beat thoroughly or this cake will bestrengthen when baked. The batter is very thin, but makes a light cake. Bake in a moderate oven.

KID DALTON LAST OF NOTED JAMES GANG

Memphis, May 11—Kit Dalton, last of the Jesse James band and for several years the only survivor of Quantrell's guerrillas, who died in a local boarding house the other day, had experiences more thrilling than the most lurid fiction which made the blood run fast for thousands of young boys. His death at 78 found him alone and nearly penniless.

For thirty years Dalton had been a conspicuous figure on the streets of Memphis. For seventeen years he was outlawed. There was a price on his head as a member of Quantrell's guerrillas. While with the James boys he is credited with having participated in the holdup of thirty-six trains and eight stage coaches and the robbery of twenty-two banks. Dalton for years had claimed that he was forced to ride with the James boys.

With the Federal authorities continually on his heels for his post-war acts with Quantrell he had to dodge from pillar to post. Later he was thrown with the Bass gang of desperadoes in Texas and rode with them in the pioneer days of the Lone Star State. Robbery was their only means of livelihood.

When the Federal Government granted amnesty to all civil war raiders Dalton came here and was a gambler for years. Later he hit the sawdust trail and became an evangelist, recounting all his misdeeds in the churches for the "ninety and nine."

Dr. G. G. Corbet of St. John was here Saturday on business connected with the Compensation Act.

Rev. H. A. Goodwin of St. John spent the weekend at the Queen Hotel.

MOVEMENTS OF THE STARS IN FILMLAND

Bessie Love has revealed a few facts about her "fan" mail. She found that the sum expended upon "fan" photographs would have purchased and furnished a bungalow for a homeless or impoverished family. Some fans are not satisfied with the photograph alone—they want the bungalow too! One determined miss requested that Bessie pose particularly for her, send her the finished print, and then destroy the negative. Another desired that every time Bessie posed for a picture one should be sent to her, so that she might possess the only complete collection of Bessie's pictures in existence. Such is fame!

Margery Wilson, who is a poetess as well as a screen star, threatens to have another volume of her poetry published in book form. Miss Wilson's first booklet of poems, collected from the magazines in which the verse first appeared, is called "Brothers and Sisters of Mine." Sounds like "Mrs. O'Grady and the Colonel's lady" philosophy.

Eugene O'Brien declares that the curse of being a hero are many. "He must never smile, except tenderly, or sadly, or patiently. He must be horrifyingly in the right. He may appear to be wrong for a few hundred feet of film, but at the finish he must take the centre of the set, his face radiating conscious virtue. He must always look like that sap-head, Ben Brummel, and look as if he liked it. And worst of all, he must work! All directors," he adds, "are descendants of Simon Legree!"

Bessie McCoy Davis, the Yama-Yama girl, who made hundreds of friends when she played in "The Greenwich Village Follies," will star

in a series of motion pictures to be made for Fox.

Four Fox stars have blonde leading women, and by a strange coincidence all are working in the same studio. Playing opposite William Farnum is Louise Lovely; Tom Mix has as leading woman Francella Billington; Winifred Westover is the foil for Buck Jones, and Eileen Percy for William Russell. For good measure, Lillie Leslie, who is playing with Shirley Mason in "Love's Harvest," is also a blonde. Evidently William Fox has not been to see Ernest Truex's newest stage success, "No More Blondes."

Wesley Barry, the freckle-faced youth who played the part of the bell boy in Marshall Neilan's latest production, "Don't Ever Marry," is to be starred in the near future in the screen version of a story written by Mr. Neilan and Read Houstis, a newspaper humorist.

SHIRLEY TAKES HER FAMILY RIGHT ALONG WITH HER

Shirley Mason, having completed third Fox picture, "His Harvest," has taken a yachting trip to the Santa Cruz Islands aboard the new 80-foot ocean-going yacht she recently purchased. Accompanying her is her sister, Viola Dana. Miss Mason in addition has bought herself a home at Catalina Island, some 24 miles distant from Los Angeles, where she spends week ends and time between pictures. An Easter gift she received from her leading man, Raymond McKee, was a basket containing a young rabbit, ducklings and chickens, and these, together with her twin Pekinese, her cat and a parrot she has taken with her on her cruise.

One of the things you can't buy on credit is experience.

Go slow and the other fellow may beat you to it.

The man who pays for a book on the art of making money gets the information—but the other fellow gets the tale to tell his secrets.

INTERESTING NEWS FOR WORKING MEN

An Article Well Worth Your While to Read.

This is a nerve-racking age—not a man in an office or behind the counter striving hard to get on in the world, that does not feel the strain.

If nerves are in order, a man is strong, eats and sleeps well. Unstrung nerves means weakness, worry, sleeplessness and a general decay of bodily strength.

They trust to luck and that kind of thing, instead of taking Ferrozene for a few weeks when they feel dull in the morning, or when they sleep poorly or lose appetite.

Ferozzone quickly brightens up the mind. It creates an appetite and improves digestion. Ferrozzone makes blood, quiets the nerves, makes muscle like steel and induces refreshing sleep.

Ferozzone is a body builder. Thousands have proved it. If you are sick or out of sorts, use Ferrozzone and enjoy the splendid health it so surely brings.

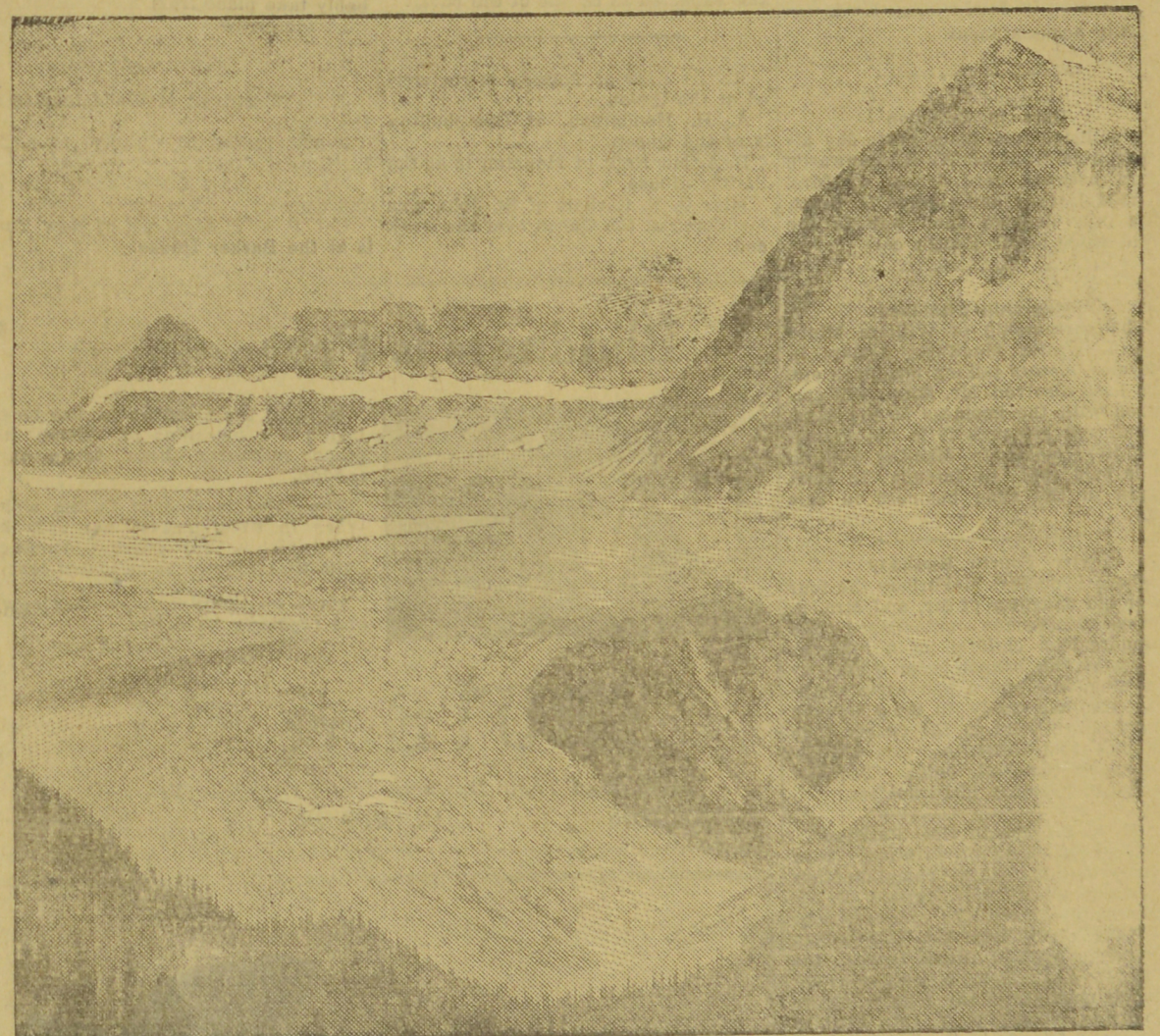
Permanent in its results, the greatest health-giver in the world is Ferrozzone. Because nourishing and perfectly harmless, all can use it, even children. Get Ferrozzone today, 50c. per box, at all dealers or by mail from The T. Milburn Co., Ltd., Toronto.

Women who know too much to expect water to stay in a sieve continue money.

A Constipation Cure

A druggist says: "For nearly thirty years I have commended the Extract of Roots, known as Mother Seigel's Curative Syrup, for the radical cure of constipation and indigestion. It is an old reliable remedy that never fails to do the work." 30 drops thrice daily. Get the Genuine at druggists.

CLIMBING THE CANADIAN ALPS



The Yoho Glacier near Field, B.C., is a Beautiful Sight for the Climber.

Sections of the Alpine Club of Canada in all parts of the Dominion have received the anniversary message of the director, Arthur G. Wheeler, Interprovincial boundary survey commissioner for B.C. There is much in this document of special interest to members of the club, but there is also a great deal which affects the general public, since it looks forward to a greatly increased tide of summer travel into the fastnesses of the great hills.

The director's message opens with comments on the prosperous standing of the club and the success of the camp at Yoho lake last summer. Thanks are also tendered to many who helped to make the camp successful. Mention is made of renewed photographic activities in the mountains and of the fact that the challenge cup for competition by amateur mountain photographers was won last summer by Dr. H. E. Bulyea of Edmonton.

With reference to the erection of a suitable memorial to the soldier members of the Alpine club, the director says: "It is decided to do this on two separate lines, first, to place a record of all our members on military service, and particularly those who have joined the supreme honor roll, on the club house grounds at Banff, and second, the erection of a hut above timber line at some serviceable place in the Canadian Rockies for the use of our members and possibly the public who are inter-

ested in making mountain climbs." With reference to independent mountaineering during the past year mention is made of the first ascent of Mt. King George, and several other peaks of the Royal Group, lying in a hitherto unexplored district fifty miles southwest of Banff. Mt. Sir Douglas and Mt. Joffre were also climbed for the first time last summer.

After some comment on the Banff winter carnival, in which the Alpine club takes an active interest, having been donors of a challenge cup for hockey, the director takes up the matter of the forthcoming "Welcome Home" camp to be held at Mt. Assiniboine from July 20th to 31st, 1920. At this camp more than 300 people will be placed under canvas and the special feature will be the fact that all returned members will attend as guests of the club. The camp will be situated three days' journey from the railroad and transportation of baggage will be by a specially organized pack train known as the "Alpine club pack train." Of special interest to the general public is the fact that this pack train will be in operation throughout the summer and anyone wishing to make a really interesting trip into the heart of the mountains can do so at a minimum expense. The camp at Mt. Assiniboine and the "Overnight Camps" on the way thither from Banff will be open to the public from the first of July until

the end of September, except during the two weeks when they will be occupied by members of the Alpine club. At any time during the summer walking tours may be taken to Mount Assiniboine and these camps will be open to furnish good meals and a bed to the tramp at the end of his day's journey. There is only one way to really see the mountain and that is on foot, but so far this pleasure has been confined to the very few, on account of the difficulty of carrying food and bedding. These difficulties are now to be removed and it is planned in coming years to arrange many such walking and riding tours for the benefit of the public.

In conclusion the director quotes the verses of a gifted Calgary poetess, Miss Marian L. Moodie: Oh wind that comes out of the West, the land of the sunset skies, Where far o'er yonder mountain's crest, those glorious colors rise, You bring me the fragrance of pine, the coolness of mountain snow, The music of falling streams by the hills where the lilies grow.

Oh wind that comes out of the West, you sigh on your way to the plain, The mountain land is the best, Will you not come back again? Glow skies with your golden light, Blow softly wind from the hill, For my heart has a longing tonight, that only the mountains can fill.