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CASTORIA

For Infants and Children.

**Mothers Know That
Genuine Castoria**

**Always
Bears the
Signature**

of

Chas. H. Fletcher

**In
Use**

For Over

Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

ECONOMY HINTS FROM JAPAN'S
COOKS

Although Occidental and Oriental taste of food varies, still, many dishes favored by the cooks of Japan may be adapted to our palates, and we can gain many good economy hints by thinking over the Japanese culinary methods.

To begin with, the Japanese make wide use of fish, and that is something that we might do to advantage. Both our seacoasts, our Great Lakes and many of the inland rivers supply abundant and delicious fish at reasonable prices—at no price at all if you are possessed of fishing rod and patience. Moreover, many kinds of fish that have heretofore not been considered worth eating have recently been experimented with, and it has been found that they are both wholesome and appetizing if properly cooked.

The Japanese cook, with little meat at his command save fowl and ham, has learned to give a meat flavor to many dishes of vegetable composition. This he does by using a very little meat in their preparation. Those of us who shudder at the thought of a vegetarian diet would find it highly palatable if it was prepared with just enough meat to give flavor.

Of course, we have all heard much of the Japanese use of rice. In our case, hominy and samp, two corn products, with macaroni and spaghetti when they are cheap, could be used, lavishly and these products can be prepared in many interesting ways with the addition of vegetables and just a bit of meat to give the desired flavor.

In one thing the American cook is decidedly more fortunate than his Japanese brother and that is in possessing a limitless supply of butter and milk. The Japanese cook uses oil for shortening in cooking—soy bean for one thing—but he makes very little use of milk, because Japan is not a dairy country. Milk is prescribed as medicine in the land of chrysanthemums, but it is seldom called for in Japanese recipes.

Pink Lingerie Persists

Pink and blue in some sort of combination are increasingly used for lingerie. Efforts are made from time to time to introduce some other colors for lingerie. Indeed, we have other colors, but none others persist. Blue embroidery on pink is the usual method of putting the two tones together. There is seldom pink embroidery on blue.

Girl's Organdie Frock

A young girl's organdie frock of white is made with three flounces each of which is bound with a brass band of bright colored calico. The sleeve edges and the bodice, too, are bound with the same material. The little line of bright colored figured calico is in smart contrast to the sheer expanse of the white organdie.

Cotton Frocks in Coat Style

Some of the new cotton frocks are made in coat style, with little waistcoats attached to the coat portion. These waistcoats are, of course, made with special reference to the suit with which they go, but otherwise they are simply a development of the idea this year of wearing waistcoats instead of blouses beneath our coats.

WILL OPPOSE MR. M'CURDY

Truro, N. S., Aug. 11—The United Farmer party of Colchester held a convention here this evening and nominated Captain Hugh A. Dickson of Onslow, to oppose Hon. F. B. McCurdy, minister of public works, in the by-election on September 20. Captain Dickson in accepting the nomination predicted that he would carry the county and that two years from now the Farmer party and the Labor party would be in control of the government at Ottawa.

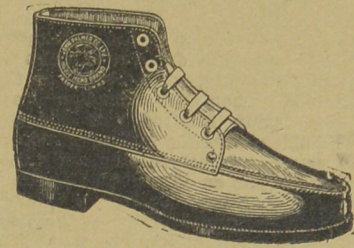
Among the speakers who urged opposition to Mr. McCurdy was Prescott Blanchard of Truro, who said the fight was not so much against McCurdy as an opportunity to deal a blow at what he termed the Union government.

The clergyman of a poor parish was showing a rich lady-round, hopping to touch her heart and so receive a big check for his people.

"We are now passing through the poorest slums," he said, as the car turned into the side street. "These people have little to brighten their lives."

"I must do something for them," sighed the lady, adding to the chauffeur, "James, drive the car slowly and turn on the big lamps."

PALMER'S ELK-O BRAND MID-SUMMER DRY CHROME FOOTWEAR

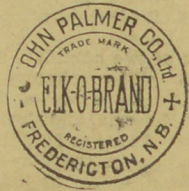


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D. H. CROWLEY, 612 Queen St.

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E. A. EARDLEY, 704 King St.

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Signature of *Chas. H. Fletcher*