



Delicious Dumplings

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Here's the Recipe
2 Cups Sifted Purity Flour
1/2 Teaspoon Salt
3 Teaspoons Baking Powder
1 Cup Milk
Mix and sift the dry ingredients; mix with the milk and drop by spoonfuls into the boiling stew. Cover tight. Cook 10 minutes.
As an alternative, these dumplings may be dropped on a buttered plate and cooked in a steamer over fast boiling water.

Get the **PURITY FLOUR COOK BOOK**

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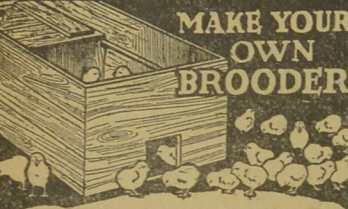
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Of Interest to the Women

HOUSEHOLD NOTES.

Add some grated cheese to the hot biscuit dough for a change.

Perfect ventilation in the sick-room will be a great aid to recovery.

A small lump of butter added to rhubarb gives it a delicious flavor.

The best milk in the world will spoil when not kept clean and cold.

A few drops of ammonia on a soft cloth will polish the windows well.

One way of eliminating moths is by carefully putting away all woollens.

Colored clothes should be washed in lukewarm water to prevent fading.

People of bilious temperament should eat sparingly of meat and eggs.

If a child is very nervous and irritable perhaps more sleep is necessary.

Corned beef should be soaked in cold water and put on to boil in fresh water.

Have the butcher grind the trimmings of the chops. They will make very good cutlets.

A bookshelf if covered with cretonne makes a very satisfactory shoe closet.

A farmer's straw hat may be prettily ornamented with painted motifs.

Shad baked in cream is most delicious. Use almost one pint of cream.

A hard boiled egg should be cooked twenty minutes to be most digestible.

A large clump of blooming wild violets if taken up with some earth will keep fresh as a centre piece for a long time.

It is best to cook spinach in just enough water to finish it as so much good is wasted when the water is poured off.

Jellied Asparagus Salad.

- 1 tablespoon granulated gelatin
- 1 1/2 cups boiling water
- 4 tablespoons lemon juice
- 1/2 teaspoon each of scraped onion yellow mustard, salt
- Pepper and paprika to taste
- 1 hard boiled egg
- 1 can asparagus tips

Make the gelatin as usual and add the seasoning, lemon juice, the mustard that has been mixed with a little cold water and the yolk of egg rubbed through strainer; the white of egg cut into very narrow strips or fine rings. Mix well then add the asparagus tips. Pour into brick pan or mold which has been rinsed with cold water; set in cold place. Line chop plate with shredded lettuce, turn out and garnish with mayonnaise and stuffed olives, cut into rings.

Chicken Salad Made With Canned Chicken.

- 1 can chicken
- 2 cups finely cut celery
- 1/2 cup mayonnaise
- 2 tablespoons finely chopped green peppers.

Seasoning
Shredded lettuce

Open the can of chicken and cut into pieces; mix with the celery, green pepper and half the mayonnaise; add seasoning to taste. Line plate with shredded lettuce; pile the chicken in centre and cover top with the remainder of the mayonnaise. Garnish the salad with chopped pickled beets, stuffed olives, cut into rings, or hard boiled egg, cut into eights.

WOMAN WAS ACQUITTED

Dorchester, May 25—Judge A. W. Bennett, of Sackville, held court here today under the speedy trials act when Sarah Landry, of St. Joseph's, was acquitted of the charge of being the receiver of stolen goods. The goods were said to have been stolen from the store of Felecion Melanson at St. Joseph's by Feriol Gaudet between March 13 and April 5.

Several witnesses were examined for the Crown and the accused took the stand in her own defence.

W. Hazen Chapman, K. C., was Crown prosecutor.

Here and There

Eighteen fishery overseers from the Maritime Provinces and Quebec recently took a two weeks' course at Halifax in the latest methods of preparing dry and smoked fish at the Dominion Biological Station and at Dalhousie University.

A crowd of citizens and officials gathered at the Canadian Pacific depot at Vancouver recently to welcome the Canadian Pacific special mail train when it pulled in after having completed the journey from Winnipeg in six minutes over the record of thirty-two hours. The journey across Canada from Quebec occupied less than three and a half days.

Regardless of the great strike in the British Isles, Windsor Station in Montreal was filled to overflowing with travellers towards the last few days of the first week in May. They were all taking the boat train to sail on the Canadian Pacific liner Minnedosa from Quebec. Two special trains were made up carrying five hundred passengers from all parts of Canada.

Revenue of the Prairie Provinces, Alberta, Saskatchewan, Manitoba, last year from all sources is estimated at \$1,050,000,000 representing a huge increase over the sum of \$860,000,000 for the previous year. The returns were derived as follows: agricultural, \$725,000,000; industrial, \$150,000,000; tourist, \$50,000,000; mines, fisheries, etc., \$40,000,000.

Figures issued at Ottawa show that employment at the beginning of April was practically unchanged as compared with the previous month, while the situation was more favorable than on April 1 in any of the last five years, in four of which a downward trend was indicated on that date. Manufacturing showed improvement and transportation and construction registered greater expansion than usual.

Recent improvement in Oriental trade is being indicated by the heavy cargoes carried by the last few liners sailing for Japan and China from the Port of Vancouver. Vancouver merchants view the partial recovery in the volume of business being done with China as a sure sign that the country is coming back to normal. This improvement is noted especially in the recent heavy bookings of the Canadian Pacific steamers.

Whole families of Indians on the Island of Manitowaning, in Georgian Bay, work all winter making twelve-inch bark canoes which are sold as ornaments. A shipment of four thousand eight hundred of these passed through Dominion Express yards at Montreal recently for a New York destination. The old-time Indian canoe is represented in every detail and every one of the tiny vessels is beautifully decorated.

A passenger on a Quebec train was suddenly stricken with an epileptic fit and collapsed in the Windsor Station, Montreal, recently severing an artery in the neck. Constable W. W. Peterson, of the C.P.R. investigation department rendered first aid immediately until the ambulance was called. On arrival at the hospital the house surgeon complimented Peterson on his clever work. Constable Peterson is a member of the C.P.R. Police First Aid team.

LADY ASTOR'S NIECE HURT

Baltimore, Md., May 26—Suffering internal injuries and said to be near death because her riding horse fell on her, Mrs. Nancy Perkins Tree is in the University of Virginia Hospital, University, Va.

Mrs. Tree is now the wife of Reynold Tree of London, but her first husband was Marshall Field, Jr., Chicago, who died within a year after her marriage. She is a niece of Lady Astor and Mrs. Charles Dana Gibson of New York.

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