

CHRISTMAS SUGGESTIONS

For Ladies and Gentlemen.

COATS,

FINE FURS,

UNDERSKIRTS,

LACE COLLARS,

SILK TIES,

LACE FRONTS,

SKIRTS.

WAISTS,

UNDERWEAR,

NECK LACES,

FANCY RIBBONS,

OPERA SHAWLS,

SILK HAND'KFS,

SILK WAISTS.

SUITS,

OVERCOATS,

UNDERWEAR,

NECKWEAR,

GLOVES,

SHIRTS,

MUFFLERS.

Night Robes, Umbrellas, Suspenders, Rain Coats, Silk Handkerchiefs—AT SPECIAL PRICES.

Christmas Bells will soon be ringing and the old problem of "what shall I give her or him for Christmas," will once more confront you. We have made a few suggestions above and should you fail to find a suitable item in the list we would be pleased to have you call and we'll do all in our power to assist you. A good rule to follow in selecting gifts for Ladies or Gentlemen is to buy what they would be apt to buy for themselves. All our prices are very low, and we are always at your service.

S. KERNER.

The Greatest Store for Bargains in Town.

MILK AND EGGS AS FOOD

TOO GENERALLY IGNORED.

Helen Louise Johnson Tells of Their Value as Dinner Dishes.

In taking up the subject of her lecture on domestic science at the Brooklyn Institute, "Comparison of Milk and Eggs as Food," Helen Louise Johnson, B. S., said:

Eggs are used for food, garnishing, thickening purposes, icings, clarifying soups, fancies, etc., the first being of course, the most important. To know the cost of eggs it is necessary to realize the part they play in our diet and their value in comparison with other foods.

It was said that to start the day's work on toast and tea is to start the engine at less than half speed. To overcrowd the fire box with material is even worse. Every man and woman should know that he or she cannot "play the game" in office, home or shop under wrong conditions. It is estimated that a woman doing light labor, which may or may not mean the house mother of the present day, requires food which will yield 2,650 calories per day, supplied by 100 grains of proteid, 100 of fat and 320 of carbohydrates. But few have the time or the ability to calculate all this, while it is possible to have a good general working idea of food values.

Here is a recipe for "Eggs a la Buckingham" six slices of toast, cream sauce, five eggs, five tablespoonfuls of grated cheese, one-half teaspoonful salt, paprika, three tablespoonfuls of cream. Soften the edges of the toast with boiling water. Scramble the eggs with the cream; pour the sauce over the toast. Cover with scrambled eggs. Sprinkle the top with cheese, and set the dish in the oven long enough to melt the cheese. Serve at once. This will serve six persons, and it costs little. It could be served for dinner in place of meat.

"But right here," said Miss Johnson, "we are running against something which has more to do with the cost of our table than any other item—custom, fashion, whatever you wish to call it, which is living as the other man does. It is not customary to have eggs for dinner as the piece de resistance; therefore we cannot do it. It is customary to serve soup, fish or entree, rye and vegetables, salad and dessert. So we do it. I wonder why we think that we must have so much. Is it not custom that decrees such a waste of time, thought and money? Could we not be brave enough to simplify matters and be happier and healthier on a simpler bill of fare?"

She suggested as one that has the proper amount of the fundamentals of food, a clear soup, Hamburger steak with carrots and peas cooked together, beets, lettuce and water-cress, salad and an Indian pudding.

After explaining the preparation of the simple soup, the lecturer said: "Could you educate your family to have a second course of asparagus salad with olive and ut sandwiches and coffee, with candy as a last course? That is enough! Cooked deliciously, served daintily, it is all one should eat. And what a saving of time! We ignore so many things

in our general use of eggs and milk. It is the use of eggs in dessert, cakes, etc., that makes them expensive luxuries—not as foods.

At this time of year suet, cottage, tapioca, rice and fruit puddings; junket, corn starch, gelatine puddings, sponges and certain pies may be used as dessert. But dessert is a luxury and not a necessity. If the meal is properly planned, fruit, or nuts, or small cakes, candy and coffee are sufficient, saving time, strength and money, to say nothing of the stomach. With a thick cream soup it depends upon the article used with it, whether meat or a substitute, for it should be used for dinner. Could you induce your family to feel well fed on clam broth or cream of clams, cauliflower or brussels sprouts or crooked celery, macaroni and cheese; tomato jelly, salad and coffee? Where you have a steak, soup or vegetables, have a green salad, wafers and coffee. Where milk is used, remember, less of other things may be. If you have poor man's rice pudding for dessert, you have provided a large proportion of carbohydrates and some proteid also. To serve meat, potatoes, peas or beans (and cereals before) that is to provide an excess of food."

Miss Johnson's receipts were for maple custard and Indian pudding. For the first, beat three whole eggs light, adding gradually one half cup of maple syrup thick enough to spin a delicate thread, add to three cups of rich milk one-quarter teaspoonful of salt and cook standing in hot oven until the center is firm. This is a dish that fills the place at meat.

The baked Indian pudding is made as follows: One-quarter cupful yellow meal. Scramble one-half cup of molasses; one-quarter teaspoonful salt; one and one-half teaspoonful of butter; three cups of milk, one egg, one-quarter cupful of water; dash of nutmeg. Put two cups of the milk, the water and the salt in a saucepan over the fire. As soon as the liquid boils stir in the meal. Cook five minutes, stirring all the time; remove from fire and add rest of milk mixed with the molasses, butter, beaten egg and nutmeg. Turn into a greased baking dish and bake in a slow oven for three hours.

COUGHERS, HAWKERS, SPITTERS

Public expectoration is against the common law, against the laws of health also. When the throat tickles, that's the time you need "Catarrhozone"; it soothes away the irritation, cuts out the phlegm and loosens the tight feeling. You'll quickly cure that catarrh and throat trouble with Catarrhozone. It positively prevents new attacks forever and for all time to come. Don't take our word for it, try Catarrhozone yourself. Once used you'll be delighted with its pleasant and helpful influence.

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THE HERALDS FASHION PLATE.



DAINTY DESIGN FOR A LACE BLOUSE.

Those all over net laces are among the prettiest of the new season's effects, and when the old-fashioned Richelieu pleatings—they are of ribbon in the daintiest and most delicate of effects and are making for themselves a perfect future in the present scheme of things—are added, the result is modish in the extreme. Fastening in the back is imperative in the later styles; and the blouse pictured follows this mode. The lace is shirred at the shoulders so that the fullness follows a bretelle line in both back and front. The lining is of delicately tinted tulle, boned and fitted; and fancy shaped encrustations of the lace are laid in an irregular yoke style; each piece edged with the ruffled ribbons. The sleeve is a simple double puff, strapped at the elbow and cuff with the Richelieu pleatings on either side, and the high collar is finished with the same.

MAXWELL.

Dec. 15.—I thought you would like like to hear from this far corner of York. The pulp wood industry is booming on the upper waters of the St. Croix. There are four camp crews all landing their logs on Hay Brook, a tributary of North Lake George. MacRae has four horses in, George Farrell four, Hall and Anderson four, R. Wesley Corpley will have from sixteen to twenty. Sam Cottier is in Monument getting logs for H. P. Eaton.

John Lyons, J. P., who had his leg broken on the 6th of November last, is getting along quite well under the care of Dr. C. G. Folkins of Canterbury Station. He is a young graduate of McGill, and is steadily working up a practice and name. He is genial affable and reasonable in his charges.

There is plenty of snow here and a scarcity of water. It is permissible to eat celery, corn, asparagus, water cress and undressed salad with the fingers.

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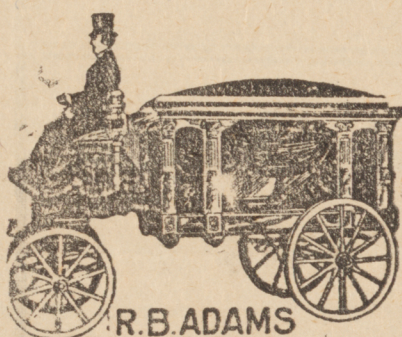
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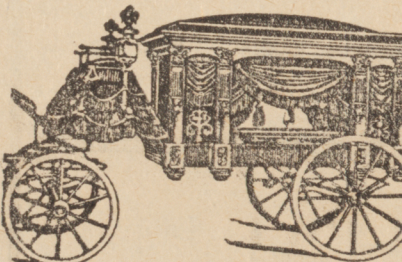
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