

HOUSEHOLD HINTS.

Some Interesting Information for Busy Housewives.

BOILED SALT FISH.

As salt fish are apt to be too salty a couple of hours is not long enough to soak them in cold water, and for the following recipe it is better to soak them over night, changing the water as often as possible—four times at least. Boil it then for about an hour in the last water in which it has been soaked, which may be half milk if preferred. When boiled pound in a mortar with a gill of cream sauce. When smooth reheat and add two ounces of good butter, stirring till the butter is melted and well mixed with the fish. Just before serving squeeze in the juice of a lemon.

HERRING OMELET.

Beat six eggs to a froth and to double it over and serve at once, de-a knife. Stir in also a teaspoonful of milk, a pinch of salt and both black and cayenne pepper. Melt a small piece of butter in a frying pan and then pour in the mixture, cooking it over a moderate fire. When the omelet is browned underneath them add the fish from a red herring, carefully boned and flaked with sprigs of parsley.

RECIPES.

POACHED EGGS ON MINCE.

There is a little dish which is much used at breakfast or luncheon. Mince finely, any cold meat, free from fat, and season it to taste; you may add a little minced parsley. Heat in a stew pan, a cupful of gravy; stir the mince into it, and when hot, thicken with browned flour. Place the mince on a hot dish, flatten it down, and put three poached eggs, neatly trimmed, on the top, with

triangular sippets of crisp toast all round.

APPLE PIE.

Wipe and pare the apples, cut them into quarters, remove the core and cut each quarter into two or three pieces lengthwise. Allow two table-spoons of sugar to each apple, half tablespoon of water, a little spice if liked. Fill the pie dish three-quarters full with the apple, then add the sugar and spice, pile up the rest of the apples and add the water. Wet the edge of the dish with water, cut a narrow strip of the paste and lay it on the edge, press it firmly onto the dish, wet that and lay on the cover of paste very loosely. Press it onto the edge, cut it round with a sharp knife, but away from, not towards you. Ornament the edge, place the pies in a large tin pan, and bake in a hot oven till the fruit is soft. If the pastry gets brown before the fruit is done, cover it with brown paper. Serve hot or cold as preferred.

PASTRY.

One scant cup of flour, half teaspoon baking powder, shink of salt, two table-spoons drippings, one table-spoon butter or lard; sift the flour, baking powder and salt together, rub in the drippings with the tips of the fingers. Mix into a very stiff dough with very cold water. Put the dough into a well-floured board, roll it into a long, narrow strip, spread on it the butter or lard, sprinkle with the flour, fold in three, and roll out again a little larger than the size of a pie dish, or to a quarter inch thick. Handle the pastry as little as possible, and as soon as made put into a hot oven.

with his family for many years. He served as moderator at town meetings for several years, and always took an active part in the political and social life of the town.

In 1900 he was before Judge Brown in the municipal court of this city charged with the larceny of \$5, and in 1902 was sent to Deer Island for four months by the same judge for giving a worthless check for an overcoat and afterward pawning the overcoat. At that time he told to the court the sad story of his life, and attributed his downfall to drugs.

WOMAN EXPLORER.

Canada has a famous woman explorer in the person of Mrs. Leonidas Hubbard, whose husband was lost in Labrador in 1903. This woman, in June, 1905, accompanied by three Indian guides and a young Eskimo half breed, explored the Nascaupie River to its source in the great Lake Nipikuman, and travelled along the George River from the chain of lakes down to Ungava, and has the honor of being the first person to definitely locate the source of the George River. She journeyed 600 miles in Labrador, including 300 on the George River, and was sixty-one days on the expedition. All honor to the brave woman and our noted explorer.



4083

A CHARMING SUIT FOR A MAID.

The loose box coat if well cut is exceedingly smart and appears to quite so good advantage as upon the slender Miss. The suit sketched is in a novelty serge with collar and cuffs of velvet. The sleeves are shown, but a general wear suit should have long ones and they are given in the pattern. The skirt is of a new design, being three-piece circular one and of unusual grace. It is excellent for thin silks and veils as well as suitings, and a deep flounce for trimmings such is provided. The suit skirt may be stitched or trimmed with flat bands in folds of the material. For the medium size 3 1/2 yards of 44-inch goods are needed for the skirt and 2 yards of 54-inch for the coat.

Two Patterns: 4082—Sizes, 10 to 16 years.
4083—Sizes 15 to 17 years.
The price of these patterns is 20c. but either will be sent upon receipt of 10c.

To the Frederick Herald:
Please send the above mentioned pattern, as per directions given below, to

Name.....
No.....
Tr.....
Age of child's or miss's pattern.....
CAUTION.—Be careful so send size of pattern wanted. When the pattern is bust measure you need only mark 32, 34, or whatever it may be. When waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length measure. When miss's or child's pattern write only the figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than three or four days from the date of order. The price of each pattern is 10c.—in cash or postal order or stamps.

TREATING WRONG DISEASE.

Many times women call on their family physicians, suffering as they imagine, one from dyspepsia, another from heart disease, another from kidney or liver disease, another from nervous exhaustion or prostration, another with a pain here and there, and in this way they all present alike to themselves and their easy going or indifferent or over busy doctor, separate and distinct diseases, for which he, assuming them to be such, prescribes his pills and potions. In reality, they are all only symptoms caused by some uterine disease. The physician, ignorant of the cause of the suffering, encourages this practice until large bills are made. The suffering patient gets no better, but probably worse by reason of the delay, wrong treatment and consequent complications. A proper medicine like Dr. Pierce's Favorite Prescription, directed to the cause, would have entirely removed the disease, thereby dispelling all those distressing symptoms, and instituting comfort instead of prolonged misery. It has been well said that "a disease known is half cured."

Dr. Pierce's Favorite Prescription is a scientific medicine carefully devised by an experienced and skillful physician, and adapted to woman's delicate system. It is made of native medicine roots and is perfectly harmless in its effects in any condition of the system.

FINEST LIVING PICTURE.

Three Views of the Great St. Paul's Cathedral of London—An Impression That Is Bewildering.

Everything about St. Paul's Cathedral is on a grand scale. It is strikingly so in the great grey cupola, familiar landmark, seen below in the southern roadway, from the river, or the north tower of the Crystal Palace. Yet the grandeur, within and without, grows dwarf-like when surveying from the outside galleries the wonderful panoramic scene of London. Dome, chapels, monuments, the gold and alabaster of reredos, the rich color of the vast prospect around. It is not only an imposing scenic spectacle but the finest of living pictures, says a writer in Lloyd's Weekly News.

It can be seen from three points. The view from the ball (reached by 616 steps and nobly holding eight persons) is disappointing. The Gallery gives a sense of confinement; the windows are dim and their outlook chiefly on streaks of vapour. Hence the room is rarely visited, and then mainly from curiosity. The proper "colony of vanities" from which to see London outside St. Paul's is the Great Gallery above the cupola. There is a climb of 560 steps to the gallery, delightfully refreshing in its breezy air after ascent; while the prospect is wonderful.

At first the impression is bewildering. The eye only seems to rest on church towers, a huge network of streets and thoroughfares, chimneys sending forth streams of smoke, and on the horizon "haze clothed and steady hills." Soon vision concentrates, and the London of historic memories, commercial renown, and swarming humanity reveals itself. The Tower and its bridge; "the forest of masts below London bridge"; the glittering river; Fleet street, the highway of journalism; Westminster Abbey; the Law Courts; Houses of Parliament; St. James's Palace; the cupola of the Reading-room of the British Museum; the Embankment, with its trees, all distinctly meet the eye.

There is a mysterious charm and varied magic in the sights and sounds of the huge scene beyond description. Douglas Jerrold has sketched it very prettily in his last play, A Heart of Gold. Maude, the heroine, telling of the wonders of her visit to the top of St. Paul's, says: "Along the streets little specks moving sometimes in twos and threes, and then altogether in one long black gliding thread. And the beautiful smoke in millions of silver fetters—it came from the chimneys up and up—and then somehow joined in one large shining sheet and went floating—"

MAILS CLOSING

In effect, October 1, 1906.
6 a.m.—For St. John, etc., St. Stephen and Charlotte Co., Carleton, Victoria and Madawaska Counties, and United States.

7:00 a.m.—Woodstock and Gibson Branch Stations, daily.

WAY MAILS—East Side St. John River.

7:00 a.m.—For Keswick Ridge, Southampton, etc., Mondays and Thursdays.

West Side St. John River.

7:00 a.m.—For Springhill, Kingsclear, Prince William, etc., Mondays, Wednesdays and Fridays.

6:30 a.m.—St. John River via Steamer.—For Ormoco, Sheffield, Gagetown, etc.

9:15 a.m.—St. John, etc., C. P. Railway stations, East, Nova Scotia and P. E. Island.

10 a.m.—For St. Mary's Ferry, Gibson and Marysville.

WAY MAILS.

2 p.m.—For Nashwaakia and St. Mary's Ferry, New Brunswick, New Brunswick, Hanwell, Lower St. Marys and Royal Road. Wednesdays and Saturdays.

4:15 p.m.—For Gibson, Marysville, Boiestown, Doaktown, Blackville, etc., Chatham, and I. C. Railway Stations, north and south.

4:45 p.m.—For St. Stephen, W. Stock, United States, Montreal, Toronto, Ottawa and North West West Provinces.

8:15 p.m.—For St. John, etc., Nova Scotia and P. E. Island.

4:30 p.m.—British mails via New York, Mondays and Thursdays.

MAILS RECEIVED.

5:30 a.m.—From St. John, etc., and Nova Scotia.

From Hamtown, Royal Road, etc.

11:00 a.m.—From Nasonworth and New Maryland, Wednesdays and Saturdays.

12:00 noon.—From Montreal, Ottawa, Northwest Provinces, etc., and United States.

1:20 p.m.—From I. C. Railway Stations, North Shore and Quebec.

St. John River via Steamer.

5 p.m.—From Ormoco, Sheffield, Gagetown, etc.

9:05 p.m.—From Woodstock and Gibson Branch Stations, daily.

8:20 p.m.—From Nova Scotia, P. E. Island and St. John.

WAY MAILS.

7:00 p.m.—West Side River, St. John.—From Meductic, and Way Offices, Tuesdays, Thursdays, and Saturdays.

St. John.—From Woodstock and Way Offices, Tuesdays and Fridays.

SUFFERED EIGHT YEARS FROM KIDNEYS

Doctor's said Female Trouble.

Mrs. Charles Lewis, Collingwood, Ont., writes: "For eight years I suffered from Kidney Complaint, and until twelve months ago doctors said I was suffering from 'Female Trouble.' Last November (1905), I was seriously ill, resulting I believe from kidney troubles. Finding doctor's medicine doing me no good, I procured my husband to purchase a box of Doan's Kidney Pills, after having read of a case somewhat resembling mine. I commenced taking them according to directions (not taking the doctor's medicine), and on second day a swelling commenced in my feet, legs and body. The following day I was so changed and swollen my husband, in alarm, hastened to Mr. Johnson's drug store, who told him to tell me he thought the pills were drawing something out of the blood, and to keep on taking them. I did so and after taking them a week, the swelling disappeared leaving me with a complexion free from pimples, tired, weary feeling gone, constipation, from which I suffered for years, gone, pain in the back, gone, and a general feeling of joy and light heartedness. I have not felt since a child, took place in me.

My sister-in-law (Mrs. Bryan), seeing the action of Doan's Kidney Pills, and the change for good they accomplished in me, sent for a box and they completely cured her. When there is an opportunity of telling people what Doan's Kidney Pills did for us, we always take advantage of it, and tell them to give them a fair trial."

Doan's Kidney Pills are 50c. per box or 3 boxes for \$1.25, for sale at all dealers or mailed direct on receipt of price by The Doan Kidney Pill Co., Toronto, Ont.

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Capital - \$700,000
Reserve - \$1,155,000

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James Manchester, President.
R. B. Kessen, General Manager

A Branch of this Bank is now open or business in the Pitt's building, York Street, Fredericton.

C. H. LEE, Manager.

SAVINGS BANK DEPARTMENT.

Amounts received of one dollar and over and interest added half yearly.

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GRAND XMAS SALE

Never before heard of such a sale in the City. Xmas goods at half-price.

\$5.00 Silk Waists for \$2.75. \$18 Ladies Coats for 12.
\$6.00 " \$3.25. \$12.50 " \$8.75,
\$10.00 Ladies' Coats for \$7.50.

Ladies' Neckwear a specialty from 10c. to \$1. 5.
Ladies' Golf Blouses, Fur of all kinds. Skirts at half price. Don't fail to see our Grand Bargains Special for Christmas Buyers.

Men's Overcoats, Trousers Fancy Shirts, Ties, Gloves, Sweaters, Suspenders, Handkerchiefs, Underwear, Umbrellas, Caps, Fur Collars, at such prices that will force you to buy. Do your Christmas Shopping at

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Some Medium Weight Summer Suits at a Bargain.
Wool wanted in Exchange.

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