

Recipes

BAKED TRIPE—SPANISH STYLE

Boil four pounds of fresh tripe till tender. Drain, sprinkle with salt, and pepper, and arrange in a well-buttered pan. Pour over it one quart of chopped tomatoes, one large onion sliced very thin, half a cupful of chopped parsley, and if it is liked, the skin of a large red pepper, minced fine. A teaspoonful of Tabasco sauce may be used if more flavor is liked. Pour over all one-half cupful of melted butter and bake for one hour. This is equal to the finest fish.

NEVER FAIL HAM OMELET

Never-fail omelet might be a better name. Six eggs beaten separately, adding whites last. One cup milk; six teaspoonfuls cornstarch, one teaspoonful baking powder. Pour mixture into buttered spider, sprinkle with chopped ham and roll when it begins to cook through.

BOILED TRIPE WITH RICE

Put two pounds of fresh tripe to boil in two quarts of water. Add one chopped onion, a bit of garlic, three tomatoes sliced, salt and pepper, and when half the water has boiled away put in a small cupful of rice. Simmer gently and serve when the rice is dry.

TOMATO SOUP WITH MACARONI

The left-over macaroni of yesterday's dish may be used in the soup. If there is none left, rice may be used, as it is not particularly desirable to have macaroni or any other foodstuff two days in succession unless there are left-overs to be utilized.

FRIED FLOUNDERS

Two hours before wanted, cleanse mussels by rubbing over with salt. Wipe dry and dip into beaten eggs, sprinkle with cracker, powdered, or crumbs. Fry about ten minutes in boiling lard.

WAFFLES

One pint sour milk; put in flour until batter drops from spoon; add two tablespoonfuls of melted butter, two eggs, beaten separately, one tablespoonful of sugar, one teaspoonful of soda half-teaspoonful salt; add whites last.

STUFFED TRIPE

Select long strips of fresh tripe and boil in salted water till tender. Prepare a dressing as for toast chicken or turkey, spread it thinly on the strips of tripe, roll them and secure with a wooden skewer—a toothpick answers nicely. Arrange the rolls in a buttered pan, and bake till done. This is an excellent luncheon dish and is very dainty served cold, the slices cut round the rolls like jelly cake.

NIGHT NOISES OF FOREST

Animals and Birds That Seldom Move About in the Daytime. Nothing can be more weird, more mysterious, than night in the forest. Well versed in hunting lore though he be, a man will hear sounds at night which he cannot identify. The hours of darkness are not hours of silence, for there are birds and beasts whose day begins only after sundown, who seek their food in the black night while the diurnal creatures are sleeping.

One of the very commonest animals in the East, the porcupine, is so completely nocturnal in its habits that it is rarely seen. Perhaps as you ride by moonlight, your pony sits at a whinny, rustling something which crosses the track just ahead of him, says a correspondent of the Field, or your favorite terrier, after a marauding expedition, will return with a stout and cruel quill embedded in the muscles of his chest. The silent watch over a hill for a goal stealing leopard is full of eeriness and mystery. Bats are intensely on the alert, so that no sound in the vicinity is missed. Then is made startlingly manifest the strange double life of the jungle, the life of the night as opposed to the much more familiar life of the day.

Everywhere around are strange movements and rustlings, while these creatures which move across such of the foreground as is illuminated by the uncertain rays of the moon seem to take on fantastic shapes, until after many nights of watching it is almost easy to believe in pixies and goblins, or even the strange beings of native legend.

In Kashmir on a spur overlooking the Lolab Valley we had pitched our dining tent under a huge walnut tree. Every night strange rustlings and chattering used to come from its ample foliage and walnuts detached by busy teeth would tumble from the tree. We took our visitors to be flying squirrels, and made attempts to shoot one of them; but though we had a big log fire close to us illuminated the walnut tree with pine torches as well, we never actually saw one of its animals nor established their identity for certain.

In the plains of India and Ceylon the great fruit eating bats are no doubt responsible for many of the night sounds heard among the trees tops. Then there are huge insects of many kinds, whose crawling among the dry leaves adds largely to the noises which come from the ground. Crocodiles become very active at night and make considerable excursions from their watery haunts.

I have known a crocodile to walk 200 yards from the edge of a lake in which it lived in order to reach the carcass of a dead pig. On its return it dragged the pig with it to the lake; the broad trail told the whole story next morning and clearly as though we had witnessed the entire performance. Sambhar and sloth bears are also creatures of the night, the deer particularly so in Ceylon, probably because they are so incessantly harried by hunters. On the Neigherries and in Wynaad I used to see sambhar come out to feed comparatively early in the evening, while they did not retreat to their midday haunts till some time after sunrise.

Bears in Ceylon are so seldom seen by day that it is customary to sit over water holes for them in the hot weather. There are plenty of them in the island, and they find cave dwellings such as they love among the numerous rocky

No More Sour Catsup PARKES' Catsup Flavor and Preserver

Is a concentrated extract of spices that retains crisp and preserves it for all time. Many people have given up the making of catsup because it always spoils. Can you now make better and more looking catsup than you ever made before? If you insist on getting Parkes' Catsup, get it from your grocery.

PARKE & PARKE HAMILTON DRUGGISTS CANADA

hills which are a feature of the Ceylon forests.

Though it is hard to know who or what are the men of the incessant movement which is going on all night in the woods the actual voices of birds and animals are by no means equally difficult to identify. In the hills, even in a big station like Mussoorie, are constantly heard the loud calls of barking deer; the little creature's resonant bark is almost indistinguishable from that of a dog. The muntjac is said to be particularly vociferous when there is a leopard about. I have, however, often heard those tiny deer barking a most excited way when there could have been no leopards within many miles.

A very familiar warning of the approach of night is the squawk of night herons as they sail overhead. In most Indian countries is found a family of quaint little brown owls who come out of the hollow tree where they spend the day as soon as dusk descends and begin their voluble chatter. Natives are very superstitious about the big gray-white owls and consider them to be the harbingers of evil, but no bad omen attaches to the merry little brown fellow who is everybody's friend.

Hindoes have all sorts of beliefs regarding trees. If you want a man to tell the absolute truth, you take him to a pipal tree. In the shadow of the pipal every Hindu is supposed to become a George Washington.

Madras hills the natives always regard large trees as the abodes of devils. Near a bungalow I lived in at Wellington, 10 miles from Ootacamund, there was a large hollow tree. In the hollow pipes hands had erected a miniature altar of bricks, and on this were usually to be seen one of those little classically-shaped clay lamps to burn mustard oil and a few tiny coins to propitiate the devil who lived in the tree.

On the other hand there are aboriginal tribes in Wynaad who never leave the shelter of the pathless forest. I have stood on a hill and looking over the vast jungles of Mysore have seen thin smoke wreaths ascending a way from the centre of the forest, the fires of those jungle men cooking their evening meal.

Minard's Liniment Cures Garget in Cows. Scowls vs. Smiles. (By Cynthia Grey.)

There is just as little excuse for a frown on a woman's pretty face as there is for the man in the moon to think he can frighten the people on earth by frowning.

A scowl on a milady's face is fully as distressing as would be a scowl on the man in the moon's face, too!

No man with a spark of life in his veins but thaws at the sight of a pretty woman. We are all charmed by the pleasant-faced man in the moon.

There is no more justification in a woman's frown than there is in a mild little house cat trying to roar like a lion.

It is absolute idiocy for anybody to try to impress others with their importance or learning by frowning and many of them pecker their pretty brows for this very reason.

One can conceive of only one personage who has anything like a legitimate right to frown; the very old philosopher who has earned his place in the world of knowledge. At that, genuine philosophers usually smile.

But the young man, or the young woman, or the pretty girl, or the baby, cherishes a fond delusion if any of them hope to impress the world with their importance or intelligence by copy-cutting the heavy-headed old philosopher whose labors have soured him.

Frowns do not pay. Smiles win friends and conduce to good blood circulation.

Minard's Liniment Cures Cold, Etc. Carnegie's Business Types.

Andrew Carnegie, at the luncheon to Prince Tsai Tao in Mr. Schwab's vast and splendid mansion in Riverside drive, says the Washington Star, is reported to have administered a smiling rebuke to the twentieth century type of business man.

"In my time it was different," said Mr. Carnegie, "but nowadays there are too many business men who may be described like this:

"Positive—they get on. Comparative—they get honor. Superlative—they get honest-sometimes."

Some Truth in It. Discussing the proposed laws against scorching motorists, Raymond Hitchcock, the actor, said to the New York Tribune man:

"It is time to check these men. They are getting quite reckless. There was more truth than honor in a burlesque dialogue I read in a manuscript play the other night.

SMOKE'S EFFECT ON BRIDGES.

Instances of Structures Which it Materially Injured. When a locomotive is making speed against a grade with its full complement of cars and tonnage behind it the blast from the smokestack may attain almost explosive force. But regardless of how many pounds dead weight might be blown from the stack, its corrosive and heat effects in passing under bridge and viaduct structures have been under careful study by the engineers.

The "Cotton Farm" bridge in Boston was built in 1897 with a clearance of only fifteen feet above the line of the Boston & Maine road. The floor of the bridge was supported by hollow tile arches, resting upon flanges of steel beams. These steel beams were protected by heavy lead plates and above were rendered rust proof by cement tiles.

In ten years the locomotive blast had eaten into the lead sheeting and into the tiling to such an extent that much of the coating fell to the ground and all of it had to be torn out.

At another point in Boston, a bridge spanning the road where locomotives in one direction take a heavy grade in passing. The height of the clearance is eight feet. The bridge has only two wooden stringers.

On the up grade end of the bridge, where forced blast is necessary, the stringers are eroded and burned to a depth of a quarter inch; on the down grade end damage is not noticeable. The judgment of the engineers is that eighteen feet clearance allows of a cheaper bridge and a longer life to it than the more costly structure at the minimum of fifteen feet.—From the Chicago Tribune.

Minard's Liniment Co., Limited. Gentlemen,—I have used MINARD'S LINIMENT on my vessel and in my family for years, and for the every day ills and accidents of life. I consider it has no equal.

I could not start on a voyage without it, if it cost a dollar a bottle. CAPT. F. R. DESJARDIN. Schri. "Storke", St. Andre, Kamouraska.

Philosophy of Work. CHANNING. Labor is discovered to be the great, grand conqueror, enriching and building up nations more sure than the proudest battles.

What is there that is illustrious that is not also attained by labor. CICERO. The gods sell everything good for labor.

Genius begins great works; labor alone finishes them. LIVY. Toil and pleasure, in their natures opposite, are yet linked together in a kind of necessary connection. MAZZINI.

Year Druggist Will Tell You. Murine Eye Remedy Relieves Sore Eyes, Weak Eyes, Doesn't Smart, Soothes Eye Pain, and Sells for 50c. Try Murine in Your Eyes and in Baby's Eyes for Scaly Eyelids and Granulation.

Change in English Prayerbook. The accession of a new sovereign in Great Britain brings about many changes, but none, perhaps, so full of sentiment as the changes necessary in the Book of Common Prayer.

Minard's Liniment Cures Distemper. Jerome S. McWade, addressing a children's country week association, of Duluth, says the Washington Star, cited many striking similes and metaphors in unaccustomed pastoral surroundings.

The Country Weekers. "A boy," he said, "had his attention called to the sunset.

"Look," said the missionary, "Isn't the sunset beautiful—the round, yellow sun sinking in the midst of white clouds?"

"It's fine," the boy agreed. "It's just like a fried egg."

"In the same party was a little girl. She rose at dawn one morning, and her eye was caught by the sparkle of the dew on the grass.

"It's hotter," I thought, she said. "The grass is all covered with perspiration."

Any bartender will tell you there is a difference between knowing how a cash register works and knowing how to work it.

DODD'S KIDNEY PILLS

MISERABLE WITH DYSPEPSIA

Another Wonderful Cure By That Wonderful Fruit Medicine "Fruit-a-tives."

Mr. Mathias Dery, of 225 Church street, Ottawa, Ont., was treated for years by physicians for Painful Dyspepsia. He spent so much money for doctor's medicines without getting much relief that he had about made up his mind that his case was hopeless.

Seeing "Fruit-a-tives" advertised, however, Mr. Dery thought he would invest 50c in a box of these wonderful fruit juice tablets.

And this famous fruit medicine did for Mr. Dery what all the doctors could not do—it cured him!

He writes:—"Fruit-a-tives" positively cured me of severe Dyspepsia, when physicians failed to relieve me.

"Fruit-a-tives" makes the stomach sweet and firm, insures about made-up blood and regulates bowels, kidneys and skin.

50c a box, 6 for \$2.50, or trial box, 25c—at all dealers, or from Fruit-a-tives, Limited, Ottawa.

Lord Kelvin's Religious Views. The scientific man in looking at matter, wondering what it will do, thinking over the results of certain combinations which he can impose upon it, declares that there is something beyond a mass of dead matter and the idea is in itself a contradiction.

Science can show that what we matter in the world of dead matter and of life is not a result of fortuitous atoms. St. Peter speaks of scoffers who say that "all things continue as they were from the beginning of the creation," but affirms himself that "all these things shall be dissolved." It seems to me that even physical science absolutely demonstrates the scientific truth of the words.

Science, as in morals and politics, there is no perfection, whatever we prophesy for the future, it will be unlike the past. Everything is in a state of evolution and progress.

The science of dead matter, which has been my chief life study, is strenuous on the point that the age of the world is definite.

A PIANO FOR 50 CENTS A WEEK. This is a golden opportunity for anyone to own an instrument. We have a large stock of used pianos, taken in exchange for new ones, and also for cash.

These instruments are such well-known makes as Weber, Chickering, Haines, and Thomas and Dominion; and the price is from \$60 to \$125. Each one is guaranteed for five years, and will be taken back in exchange with full amount allowed any time in three years.

Do not let this chance slip by you. A post card will bring full particulars. Heintzman & Co., 71 King street east, Hamilton, Ont.

Road History Illustrated. A novelty at the Brussels International Exposition is a graphic history of roads from the Roman road to the most perfected modern form.

An average third of a mile in length leads up to the pavilion of civil engineering, and is divided into sections, each two meters long, representing all the different types of roads that have been employed by civilized nations.

Wilson's Fly Pads freely during the summer months, the house fly peril would soon be greatly diminished.

AFTER THE BURIAL. (Philadelphia Record.) Once upon a Time a Royal Family, having suffered a sad Bereavement, received Condolences from its Neighbors, both Royal and Republican.

A Diplomatic Retuke. A neat turn of phrase is that quoted of Lord Palmerston in a recent book. It seems that some young gentlemen in the foreign office amused themselves quite frequently by flashing the rays of the sun by means of a mirror into the eyes of some young ladies who lived across the street.

The father of the ladies complained to Palmerston, who thereupon issued this order:

"The Secretary of State desires that the gentlemen of his department will not cast disagreeable reflections on the ladies opposite."—Youth's Companion.

Overheard at Atlantic City—Blotts—That girl who came down yesterday brought the biggest trunk I ever saw. Slobs—I saw her in the surf this morning, and she didn't need it for her bath.

PISCATORIAL DON'TS.

Rules for Those Who Fish With Pole and Those Who Angle With Rod.

Don't walk right up to a riff and if it stay above it and let your line fall down to it, and if you don't get a strike hold your pole still and reel your line and let it run out again two or three times; then swing your pole from the side.

If using red worms don't put on a bait. One nice worm is enough. See about three-quarters from head and string worm on the hook, let the bait stick out so there are ends. The wab! Pull point of hook out so the worm can't come off.

Don't jerk hard to hook a fish. Don't pull too quick. Do it let line slacken.

When a fish is hooked don't get excited; if a big fish is hooked give him Time is golden.

Don't take any intoxicating drinks. Again, don't stand so you can't see the water if it is a still pool and the fish is moving, and don't forget that and patience make the best of terms. Don't swear if you lose a nice one.

Don't use lead on line when fish for trout. Don't use heavy lines and a many more things too numerous to list here.—Fur News.

ZAM-BUK CURES SUNBURN. Neglect of a sunburn of face, neck or skin often leads to the development of skin which is frictions, and this is particularly distressing to young women, which is a large percentage of the skin affected.

Zam-Buk is also good for scratches, heat sores, blisters, or feet, and all skin injuries. Applied to these it quickly stops the smarting and ensures quick healing.

As is free from animal fat, and all mineral matter, it is particularly suitable for the delicate skin of babies, suffering from heat rash, chafed places, etc. Beware of harmful imitations and see the name "Zam-Buk" on the label before buying.

Beyond the Reach of Law. Dr. Pigou, the Dean of Exeter, has long had the reputation of being one of the brightest humorists in the country.

One of his stories runs upon the deceased wife's sister. It appears that a vicar of Dr. Pigou's acquaintance had, in ignorance, solemnized such a marriage and he interviewed the old clergyman.

"Yes, yes," exclaimed the old man, "I knew the parties. I knew the man, I knew the woman, I knew the vicar, I knew the church, I knew the people, I knew the law, I knew the fact, I knew the deed, I knew the sin, I knew the punishment, I knew the hell, I knew the fire, I knew the brimstone, I knew the torments, I knew the pains, I knew the sufferings, I knew the agonies, I knew the death, I knew the resurrection, I knew the judgment, I knew the glory, I knew the heaven, I knew the bliss, I knew the joy, I knew the peace, I knew the love, I knew the life, I knew the eternity, I knew the all."

"Then, why in the world did you tell me?" "Well, vicar, it was this way: you replied the 83 and 100th year, and I myself; I can't last long, both the laws and let 'em two weeks."—M. M.

Minard's Liniment Cures Rheumatism. In the country all sorts of vices are used to catch and kill them, and an Oregon graduate will make a good trap for the pests. A barrel cut out of the upper part, filled with water, or some other odoriferous liquid, from the top of the barrel hangs a lantern that keeps the bait on the pole that hangs a lantern.

"In the daytime the insect is flying up to feast, many of them likely to fly into the lantern; when the lantern is lit, they come from afar to feast on the bait and meet their death in the low."—From the Chicago Tribune.

Spiced Beets. Use young, tender beets. Peel and chop fine. Put in a tablespoonful of butter, two of vinegar, salt and pepper to taste, served with salt and vinegar. If the beets are small use a tablespoonful of butter.

That Splitting Headache NA-DEU-CO' Headache Waters

At the Outset Young married couples should start their house-keeping careers right. Remember, Mr. Groom, that Eddy's Indurated Ware is the BEST on the market.

ISSUE NO. 32 1910

AGENTS WANTED. START A NEW ROUTE TO DAY. SEND postal for circulars of our simple and terms. Alfred Tyler, Ltd. O. Ont.

START TEA ROUTE TO DAY. SEND postal for circulars of our simple and terms. Alfred Tyler, Ltd. O. Ont.

Dr. Martel's Female Pills SEVENTEEN YEARS THE STANDARD Prescribed and recommended for women's ailments, a scientifically prepared remedy of proved worth. In demand from their use is quick and permanent. For sale at all drug stores.

C. D. SHELDON A specialty in Investment Brokerage in Standard Railroad and Municipal Bonds.

GLADSTONE'S FACE. Who can ever forget the face of Gladstone. Strong and yet perfect in its proportions, an impression of strength and of scorn; the face of a giant and yet not fragile; the face of a young orator, which in its expression every emotion was there.

WINDSOR LADY'S APPEAL. To All Women: I will send free instructions, my home treatment with positively cured. Windsor's Fly Pads are the best fly killers made and will kill any other insect.

Freight Men Resume Work. Only One Passenger Conductor Back to His Old Job.

Montreal Men in Doubt. Montreal despatch: Owing to non-arrival of all the members meeting of the general committee of the conductors and trainmen on Grand Trunk was held here as expected.

Don't experiment with unsafe factory substitutes. Wilson's Fly Pads are the best fly killers made and will kill any other insect.

Photography Taught Free. Photographers Photo Supply Co., Limited. 1050 BAY STREET.

Eddy's Indurated Ware. The effect of the ware as the company says will in 1910, they have agreed the rules which are contained in their bye-laws.

ENGINEERS AND FIREMEN BACK

Freight Men Who Were Idle Because of Strike Called In.

But the Passenger Conductors' Protests Are Not Good.

And There is Much Dissatisfaction Among Them.

London, Ont. despatch.—A London of strikers who returned to work yesterday, were surrounded at St. Mary's last night by a gang who took to the streets for strikebreakers and were taken roughly handled until arrival of the union men who explained the situation.

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Only One Passenger Conductor Back to His Old Job. Toronto despatch.—About 6000 strikers, principally English, Irish, and American, are still out on the G. T. P. Company's day, and freight business is normal conditions again.

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