SELECTED RECIPES.

the usual way, salt, peper, and roll each | English walnut meats. Cut into strips peace carefully in flour. Into a heated an inch wide and bake on sheet tins in interior represents a gorgeous tropical frying pan put a large spoonful of lard a moderate oven. and the same of butter. In this lay each | Circus Rings .- With the cake mixture and other exotics flourish in luxurious piece of chicken, cover with a lid and just described and a quantity of animal profusion, watered by miniature casfry for thirty minutes, turning each crackers many fascinating combina- cades, fountains and dripping wells. At often and frying a golden brown. It ting combinations are possible that will one end is a stalactite cavern, which, by must be carefully watched, and when remind the children of the circus. Cut the an arrangement of mirrors, appears far cooked is perfect.

per twenty-four blanched almonds, one cutting out the centre with another size stream, beneath which are concealed a cup pecan meats, one-quarter onion, and cup that will leave a ring a little less number of colored electric lamps, so several sprigs of parsley; and an equal than an inch wide. The rings being that at night numerous little pools in the quantity of cold boiled rice, one-quarter just large enough for the cracker ani- dark recesses appear to glow with a teaspoonful salt, one saltspoonful of mal to show, as it stands within the mysterious latent fire. This conservapepper, and one egg. Mix thoroughly, circle. Use all the animals in the "zoo," tory was designed by an eminent London form in croquets, roll in shredded wheat as lions, elephants, monkeys, dogs, firm and cost \$15,000. biscuit crumbs, and fry in deep fat.

raisins, one and one-half cups flour, one should be at each plate as souvenirs. and one-half cups oatmeal. Add salt and vanilla at discretion. Roll them. Bake until light brown, or about three minutes in hot oven.

with a tablespoonful of cold water; this order. Unevenly hung, ragged at the blood. But sick, weak kidneys cannot is a close second. insures their whipping up frothy as the edges, soiled or discolored, they make a filter the blood properly. The delicate In this statement reference is made not whites. Aadd the grated rind of a lemon discardant note in the room which no human filters get clogged with impurito to the short bursts of speed which this and beat in gradually two cupfuls of amount of care in other things can get ties, and the poison is left in the system or that engine has shown and may never sugar, and two and one-half cupfuls of into tune. The little art which is neces- to cause backaches, headaches, rheu- show again, but to the regular scheduled flour, sifted with a little salt and a tea- sary to adjust these furnishings, it is matism, dropsy and fatal inflamation. runs of trains. In looking first at Engspoonful of baking-powder. Stir in the well worth any housekeeper's while to Dr. Williams' Pink Pills are the one sure land one is apt to be surprised to find flour gradually, making the dough just master. Here is what a salesman in a cure for sick kidneys. They make new, how many fast trains and long runs stiff enough to roll out nicely an eighth department store, who handles quanti- rich blood, which flushes them clean and without stops are made there daily. of an inch thick. Set away in a cool lies of shades, had to say on the sub- gives them strength for their work. Dr. The fastest regular long distance run station sends out place for a couple of hours to chill, then | ject: slightly floured, to remain over night; shade. in the morning transfer to shallow bakbrush them over with the white of an glued on the rollers. egg and sprinkle with sugar-coated caraway or corlander seeds.

Heart's Delight Cookies .- Cream a cupful of butter with two cupfuls of sugar, edd a little of the grated rind and the juice of a lemon. Beat three egs light and mix with the creamed sugar and butter. Sift a teaspoonful of cinnamon and a teaspoonful of baking powder in with three cupfuls of flour. Roll out to a thin sheet and cut out with cookycutters. Bake on tin sheets. Before placing in the oven brush over with the white of an egg beaten with a teaspoonful of milk. Then sprinkle with a mixture of chopped nuts, sugar and cinna.

Impoverished soil, like impoverished blood, needs a proper ed shade that will work badly. fertilizer. A chemist by analyzing the soil can tell you what products.

If your blood is impoverished you need to fertilize it and give it the rich, red corpuscles that are lacking in it. It may be you need a tonic, but more likely you need a concentrated fat food, and fat is the element lacking in your system.

There is no fat food that is latter cool. so easily digested and assimilated as

Scott's Emulsion of Cod Liver Oil

It will nourish and strengthen fail to do it. Scott's Emulsion is always the same; always palatable and always beneficial where the body is wasting from any cause, either in children fried fish. or adults.

We will send you a sample free.



Be sure that this picture in the form of a label is on the wrapper of every bottle of Emulsion you buy.

CHEMISTS Toronto, Ont. 50c. and \$1.00. All Druggists.

each delicate little round.

Ginger-Nut Wafers. - To a half-cupful the flavor of the oil. each of brown sugar and molasses add a quarter of a cupful each of lard and butter. Heat over the fire to boiling point. Remove and add three cupfuls of flour, sifted with a teaspoonful each of ginger and cinnamon, half a teaspoonful of cloves or mace, and a third of a teaspoonful of soda. Mix the ingredients well and set away over night in a cool place. In the morning roll out the dough until it is a quarter of inch Fried Chicken.-Joint the chicken in in thickness and sprinkle with chopped

thinly-rolled dough into a large cooky larger than it really is. Along the floor Nut Croquets.-Grind in meat-chop- with a coffee cup, then into a circle by of this cavern flows a rather deep cats and the like. A vine, flower, or Hygenic Cookies. - One cup sugar, scroll design in white icing will serve three-fourths cup of butter, two eggs, to ornament the rings, and where the well beaten, one teaspoonful cinnamon, animal should have stripes or spots, as one level teaspoonful of soda dissolved the tiger, zebra, and leopard, use white in a little hot water, one cup chopped or chocolate icing. These "circus rings"

TO ADJUST SHADES.

roll a small piece at a time. With a "Shades usually need overhauling at right, and make lame, aching backs Great Western from London to Bristol very fine sieve, dust over with flour and least once a year. The fall is a good strong and well. Mr. George Johnson, 118% miles in 120 minutes, or practicalpress a wooden mold down hard, to time, when the house is reopened and of the village of Ohio, N. S., says:- ly sixty miles an hour. In order to drop imprint all the different designs, each refurnished for winter. Repairs may be "My son, now eighteen years old, suf- pasengers at Bath a car is dropped from one separate in its little square. There needed in any one of the several ways. fered from kidney trouble and severe the train without stop, a time saving deusually are a dozen different designs The goodse may have ripped at the side pains in the back, which caused him vice in operation on a number of Euroin a mold. Cut out these small squares casings, or there may be signs of wear, many a sleepless night. We tried sev- pean roads, though still unknown here. America. with a knife, and set aside on a board, making it necessary to reverse the whole eral medicines, but they did not help

ing tins. Butter the tops with melted directions for renewing them attached. a young boy on a farm. We were ad- miles, made at the rate of bulter and sprinkle with anise seed. Take yours off the rollers, and you will vised to try Dr. Williams' Pink Pills, After the cakes come from the oven probably find the printed 'Just how' and this was the first medicine that

> tates sacrificing a fraction of its length, when every symptom of the trouble was of fifty-two miles an hour. but this is unavoidable. Frst cut away gone, and he was as healthy as any the lower hem, and take out the stick boy of his age. I am satisfied Dr. Wilaround which it is cased. Nnroll the liams' Pink Pills will cure kidney trou- the Empire State Express on the New shade and be sure in taking out the lit- ble in its most severe forms." out. It is often a screw attachment.

> tions to learn how to attach it properly all dealers or by mail at 50 cents a box out stop, in 169 minutes, at the rate of the shade is in plumb. It may be nec- Dr. Williams' Medicine Co., Brockville, essary to use a foot rule to make sure. Ont. Il must be perfectly straight and moreover at right angles with the sides. If you neglect this you will have a lopsid-

The trick some people have of pulling down a blind to cover an open window is responsible for many of the disorders in window curtains. The moisture disfertilizer to use for different colors them, and the knocking about they receive in the wind also means breakage.

For ordinary shades stained with grease a little French chalk of fuller's your doctor will tell you what earth laid on long enough to absorb the grease and then brushed off is frequently successful.

LITTLE NICETIES IN COOKING,

Apples quartered and cored make a more delicious pie than when sliced. toasting for the table.

If a sugary crust is desired on meringue, sift powdered sugar over it before it is placed in the oven, and have the

To have fried oysters crisp, tender, civilization. and plump, they should be breaded, then dipped in beaten egg, and again rolled in crumbs. After this allow them

to stand at least an hour before frying. Drain oysters on a napkin before making a stew. Rub the saucepan with butter, heat very hot, put in the oysters. and turn and stir until well plumped and ruffled before making the stew

If an egg poacher is lacking, cook in the body when milk and cream | ar ordinary frying pan, and shape each egg with a round biscuit cutter before serving.

> Keep a fry-pan expressly for omelets. Dip Hamburg steaks in melted butter before broiling. Spread a properly shaped piece of

manila paper on a warm platter under Drain fried bacon on manila paper the minute it is done, and stand in the

oven five minutes to crisp it. Squeeze a few drops of lemon juice on broiled fish or ham just before serv-

HOUSEHOLD HINTS.

causing draughts. Too much acid in mayonnaise dress- also affected."

mon, pressing a raisin in the centre of ing, whether vinegar or lemon juice, injures if it does not actually destroy,

Oranges or lemons that are served without paring should be thoroughly scrubbed with a brush and cold water, as the tiny black specks so often seen on the rind are the eggs of an insect. Napkins should always be folded with the selvage toward the ironer.

REMARKABLE CONSERVATORY.

One of the finest conservatories in the naught at Bagshot Park, England. The scene, in which ferns, palms, orchids,

SICK KIDNEYS.

Mean Aching Backs and Sharp Stabbing Pains That Make Life Almost Unendurable.

Williams' Pink Pills set the kidneys without stop in the world is on the reached the cause of the trouble.

tle nails which fasten it to the roller, Dr. Williams' Pink Pills actually that these are carefully laid away for make new rich blood. In that way they an hour; and the time of the same train future reference. Now turn the curtain strike at the root of anaemia, indiges- to Buffalo, 440 miles in 500 minutes, is to the ever prevailing precautions taken bottom side up. Rule off a straight line tion, kidney trouble, liver complaint, and by this turn up a hem deep enough erysipelas, skin disease, neuralgia, St. to cover the stick. Use the sewing ma- Vitus dance, and the special ailments of 447 miles in 510 minutes. Each makes in America. All the principal roads in chine to sew this hem. If the cord for growing girls and women whose health four regular stops. The Northwestern England have two tracks and many raising or lowering the shade is fasten- depends upon the richness and regular- runs a train from London to Glasgow, ed to a ring, this last must be taken ity of their blood. The genuine pills 401% miles, in eight hours, making only have the full name, "Dr. Williams' Pink two stops. When the rod has been passed through Pills for Pale People," on the wrapper the new hem, carefully read the direc- around each box, and may be had from to the roller. Be sure that the top of or six boxes for \$2.50 by writing the

SALT THE CIVILIZER.

The use of salt as a necessary supple- These fast and long runs are common ment to diet has had much influence in to all the trunk lines in England, while shaping the civilization and exploration in the United States the fast runs are all of the world. It is most probable that confined to two roads, the New York the oldest trade routes were created for Central and the Pennsylvania. Comthe salt traffic, as salt and incense form- pared to many English fast runs the ed the chief necessaries of the ancient time between New York and Washingdayse. This was certainly the case with ton and Boston is slow. The distance the caravan routes in Libya and the from the two cities to New York is about Sahara, whilst the mines of North In- the same, and in both cases the fastest dis were the cenere of a large trade trains make it in five hours (or a little before the time of Alexander. Another over, now, to Boston), at the rate of 46 interesting fact is that salt has played miles an hour, three stops being made in hour for the regular schedule. a considerable part in the distribution each case. of man. When it became absolutely necessary for him, as it did at an early country can show trains to compare stage of his development, he was forced with the New York and Chicago trains Split and butter thick biscuits before obtained. This brought him to the making the 980 miles in 1,080 minutes. seashore, where he gained his ideas of or at 54 miles an hour. While this is maritime commerce. Lastly, the preser- not quite so fast as the time made by the vative effects of salt on flesh food made fast trains from Paris to Lyons and compare with France. long oceanic voyage possible, and thus Marseilles the distance is twice as great opened up the world to commerce and as across France.

BABY'S TONGUE TELLS.

Little tongues that cannot talk tell mothers just as plainly that their owners are not well. When Baby's tongue is white, or coated, or yellow, especially toward the root, it is a sign of stomach trouble, indigestion, cold or feverishness. Baby's Own Tablets act like magic in curing these and the other minor ills of babyhood and childhood. They as good for the new-born baby as for the well-grown child. Absolutely safe and absolutely harmless. Mrs. C. F. Kerr, Elgin, Ont., says:—"Baby's Own Tablets are the best medicine I have ever used for stomach and bowel troubles and destroying worms. I could hardly feel safe without the Tablets in the house." Sold by all medicine dealers, or by mail, at 25 cents a box, by writing the Dr. Williams' Medicine Co.,

Brockville, Ont.

Purity Absolute The

world is owned by the Duke of Con- Cevion Natural GREEN Tea is daily Converting thousands of drinkers of the artificially colored teas of Japan,

LEAD PACKETS CNLY.

40c, 50c, and 60c lb.

HIGHEST AWARD ST. LOUIS, 1984.

AMERICANS ONLY THIRD FOR RAIL-ROAD SPEED.

Germany Comes Fourth-British Roads Remarkable for Long Runs.

Instinctively people think of speed as the first and most interesting feature of the railroad, and in view of the development of railroads in the United States in the world but sends out daily more An aching, breaking back, sharp stabs most Americans will be surprised to of pain-that is kidney trouble. The learn that this country is not first in the despatched from the Grand Central Sta-Caraway and Coriander Seed Cakes. Nothing gives a more untidy look to kidneys are really a spongy filter-a hu- matter of fast trains, says the New York -Beat the yolks of three eggs until light the room than window shades out of man filter to take poison from the Sun. England holds the lead and France there. The next largest number sent

The longest run without stop made in him, and he grew so weak that he could any country is London to Liverpool on "Many patent articles are made with not do the work that falls to the lot of the London and Northwestern, 201

FIFTY-FOUR MILES AN HOUR.

He The next longest is on the Midland, from Of course, to readjust a shade necessi- took the pills for a couple of months, London to Leeds, 196 miles, at the rate

> The train in this country coming nearest to these long runs without a stop is York Central, from New York to Albany 143 miles, at the rate of 53 64-100 miles England and some parts of France and just a trifle faster than that of the Midland Express from London to Glasgow,

The Great Northern runs a train from London to Doncaster, 156 miles, with-55% miles an hour, and the Great Central train runs over England's new road, from London to Sheffield, 165 miles, in 170 minutes, better than 58 miles an stop.

For runs of nearly 1,000 miles no

are from Camden to Atlantic City. Here the Reading and the Pennsylvania. The many and the service is good. reading has set the pace and the Penntime is 56% miles in 50 minutes, or t6 miles an hour, while the best Pensylvania time is 59 miles at the rate of

SIXTY-FOUR MILES AN HOUR.

These constitute all the fast regular hour. trains in the United States. The fastest and South. Chicago, in many respects, the greatest railroad centre in the world. has no fast trains outside the New York Central and the Pennsylvania trains referred to.

Thrughout the West, while the best trains are very luxurious, perhaps the ing cars are now run in which the same most up to date in the world, the runs meals are served as in the first class Sprigg went to a noted physician to are all short, averaging about 30 miles coaches, but at considerably lower rates ask advice as to his health. In pom- between stations and the speed nowhere and the high back seats give a privacy pous tones he addressed the doctor - averages 40 miles an hour. Throughout greatly appreciated by small parties of It is the general opinion that if a door "1-ah-have come to-ah-ask you-ah | the South there are no really first class | two persons dining together. be opposite a window you must not -what-what is-ah-the doosid mattaw express trains other than those from Such runs as that between London

-else-ah?" "Yes; your manners are frequency of trains, their appointments, able, as this seems to be about the regu

nounced difference appears in different countries with almost equal population.

Why should the people of one region crowd hundreds of trains daily and those of another region be satisfied with only two or three trains? Thus more trains leave the Great South Terminal in Boston in one day than are moved in one direction on all the roads of Spain and Portugal in two weeks. From one terminal in London more trains leave daily than move in ten days to supply 125,000,000 people of all Russia, in Europe and Asia.

It would probably surprise New Yorkers to know that the South Terminal in Boston not only is the largest station than 400 trains, nearly twice the number tion by the three roads starting from from any station in this country is about 350 from the Boston and Maine terminal in Boston, and the next about 325 from the Broad Street Station, Philadelphia. Then come the Grand Central Station, New York, and the Reading Terminal, Philadelphia.

But these figures do not equal those of the great London terminal. There one

700 TRAINS DAILY,

the greatest number from any one station in the world, and all of the twelve great terminals send out large numbers of trains, as the suburban travel is great, and the trains often smaller than in

Including all suburban trains such as those of the Staten Island road, which is still operated with steam, and figuring on a mean average of winter and summer, the regular scheduled trains leave the four great centres in the following numbers daily, the figures being for all roads and approximately correct: New York city, 1,400; Boston, 1,000; Philadelphia, 850; Chicago, 850. No other

American city has 400. As might be expected the roadbed and the operating equipment are better in Germany than in America, and owing both by the roads and the State accidents are only about one-fifth as frequent as main lines have four.

In this respect Americans are making great improvements now, as the Pennsylvania is four tracked from New York 'a Pittsburg and the New Haven and the New York Central is three tracked part of the way to Albany, and four tracked from there to Buffalo.

Turning to Europe outside of England it is found that France alone indulges in hour, slipping a car at Leicester without really fast trains, and possibly she is flist in the number of trains running regularly above lifty miles an hour of all the great nations. The greatest travel route in all Europe out of England is from Paris south to Lyons, Marseilles and the Mediterranean, and here are found fine and fast trains.

The run from Paris to Marseilles, 585 miles, is made in 750 minutes, with only six stops. Many of the shorter runs, such as from Paris to Calais, to the Belgian frontier, etc., are at the rate of from fifty-eight to sixty-two miles av

According to a German authority the average speed of the fastest trains in Europe is as follows: French, fifty-eight miles an hour; English, fifty-five miles an to migrate to places where it could he on the New York Central, the best trains hour; and German, fifty-one, but fast

HARD TO FIND IN GERMANY,

and the service in this respect does not It takes the fastest train 227 minutes

to go from Berlin to Hamburg, 178 Coming to short runs and special miles, which is 471/2 miles an hour, and summer trains, undoubtedly the fastest the "luxe" train, the one fast goer, between Munich and Vienna, runs at only some very fast time has been made over | 45.60 miles an hour; but there are as a an ideal country for fast time; by both rule frequent trains throughout Ger-

For all the rest of Europe the speed sylvania followed. The best Reading drops to about 30 miles an hour for express trains. Italy is surprisingly slow. It takes the express 965 minutes to go from Turin to Rome, 413 miles, or only 26 miles an hour, though the Milan-Rome express makes nearly 40 miles an

Between Rome and Naples, 155 miles, run in New England outside the Boston | there are only four or five trains daily, New York run is from Boston to Port- the fastest at 34 miles an hour, while it land at the rate of 44 miles an hour, and takes 920 minutes to go 439 miles on the the showing is still poorer in the West best train from Rome to Brindisi, a rate of less than 30 miles an hour.

> The express from Stockholm to Gothenborg, the two large cities of Sweden, barely makes 30 miles an hour, and other European countries are still worse. On the English trains third class din-

open that window for fear of draughts. with me-ah!" "I find your heart is af- New York city or Chicago carrying the and Birmingham on the Great Western But that is just the window that is best feeted," said the physician, gravely. "Oh tourist travel at certain seasons of the a distance of 129% miles, made without placed for being opened, as thereby en- -ah-anything else-ah?" "Yes; your year.

sures a perfect renewal of the air by lungs are affected too." "Anything-ah Next to speed may be considered the more than 55 miles an hour, are remark stop in 140 minutes, or at the rate o etc. In this respect a still more pro- lar gait of many trains in England.