### ECONOMY IN THE HOME

# THE COOK BOOK

By Helen Carroll Clarke. Former Instructor of Cookery, Pratt Institute, Brooklyn. . A COLLECTION OF 400 RELIABLE RECIPES FOR THE PRAC-TICAL HOUSEKE ... ER.

In the average small family where there are no servants, or perhaps one servant, setting atable with the very least ampleness means that there will inevitably be some left over food, and the housekeeper has to face the problem of how to make the most of it. It is for such women that this valuable book has been written.

The arrangement of the contents is practical all through. Many of the finest dishes dishes on which French chefs have made international reputation—are nothing more than "left overs" attractively cooked. In every housekeeper's own kitchen there are the same foods and the same possibilities,

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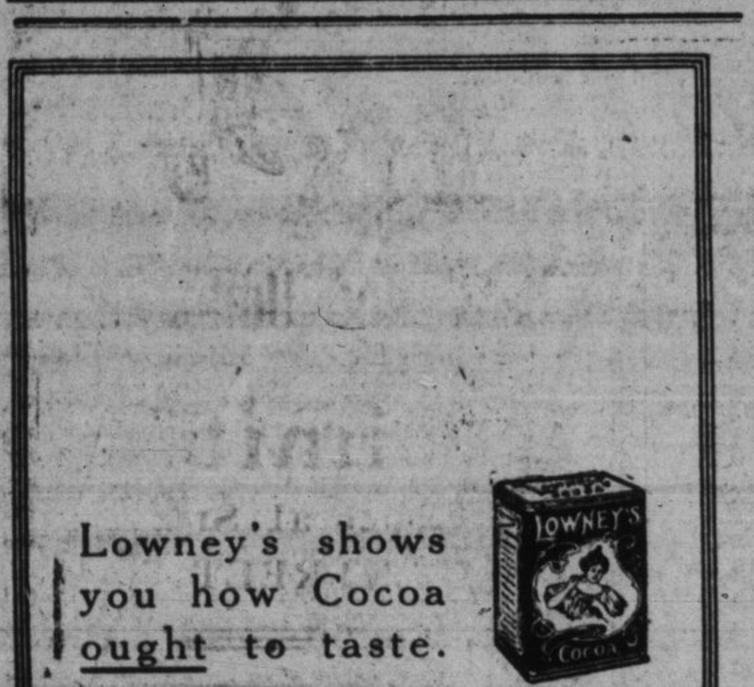
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## Health and Beauty Advice BY MRS. MAE MARTYN.

PROMOTE PROGRAMMENT OF THE

halry surface two or three mins, then rub off and wash the skir every trace of hair has vanished tone treatment never fatis and the skin free from spot of

Annette: The affliction of over fatness is to be deplored at any age, but
it is a positive calamity to a young
and pretty woman to become too far
in these days when fashion decrees
the slender figure the only correct one
You can reduce your weight almost
at the rate of a pound a day until you
reach normal if you will dissolve four
ounces of parnotis in 1 1-2 pluts of
hot water and take a tablespoonfu
before each meal. I you can buy par
notis from any first-class druggist. It
is a harmless, fat-dissolver, and those
who take it marvel at its wonderfu
effect. It makes fone look and fee'
younger, brighter, more buoyant and
energetic.

annie R.: To be sure a face letion

R. M. S.: Sallow complexion, liver blotches, pimples and other eruptions of the skin indicate the need of a good blood tobic and liver regulator. Dissolve one cance of kardene in one-half pint of alcohol (not whiskey), add one-half cupful of sugar and chough bot water to make a full meart. Take one tablespoonful five minutes before each meal. Kardene purifies the blood, arouses the liver, clears the blood, arouses the liver, clears the skin, restores lost appetite and tends to strengthen and baild up the entire system.

Sallow complexion, liver days after shampooing, try cleans the same opinion. It had been suggested that a change be made in the by-law, to cover such a case.

Ald. Fair remarked that he had no objection to allowing this one man to have such a privilege, but that itching sensation and make your hair beautiful, fluffy and appear twice as thick. This shampoo dries quickly without any danger of streaking or similar requests from others.

It was finally decided, upon motion of Ald. Givens and Ald. Riggister.

Miss H. L.: If you only knew what ney, to refer the matter back to was in the cheap, greasy cold creams the board of works, for further con-Mrs. D. Those ugly hairs can be you have been smearing on your face quickly banished from your face with a paste shade with powdered delatone and water. This paste should remain anything but a greaseless cream if you don't want hair on your face. At stirring together and allowing to stand over night two teaspoonfuls glycerine one ounce almozoin and one-hair pint a will also remove quickly those black. That Brock street sewer be ex-heads and other effects of hot weather headed up to Bibby's garage on the

Victoria: Your scalp needs a good stimulating quinine hair-tonic to restimulating quinine hair-tonic to the chairman and city engineer with power to act.

That the communication of Dr. A. R. B. Williamson, medical health officer, complaining of the inade-quate acavenger service in removing hair daily and twice a week apply this tonic to the scalp, rubbing it in gently. This will do wonders for your hair daily and twice a week apply this tonic to the scalp, rubbing it in gently. This will do wonders for your sealp in a healthy condition. This tonic will make your hair soft, silky

Finance Committee.

U. R. Knight, 123 Colborne street, at various hours, asking to have tree cut down, be referred to the chairman and city engineer with power to act.

That the communication of Dr. A. R. B. Williamson, medical health officer, complaining of the inade-quate acavenger service in removing their types of absence.

Will have a much better tonic thar and put you hair of those ready-prepared tonics and its claimed that the woman walked all night.

Some are of the opinion that the ingressive stay of absence.

Wade's Continent cures eczema and all similar skin diseases. At the same aged five, died, following eating all similar skin diseases. At the same aged five, died, following eating all similar skin diseases. At the same aged five, died, following eating the tonic that the woman walked all night.

Some are of the opinion that the woman walked all night.

Some are of the opinion that the woman walked all night.

Some are of the surface, walked all night.

Some are

tonic will make your hair soft, silky and lustrons. Keep the scalp clean by frequent shampoos with canthrox and you will not have further trouble with

Enid S.: Your headache and rea- mission of income tax, that no acdoes not show or rule aft dise powder and will remove that ship, sallow look from your skin. This preparation is a wonderful skin beautifier, and is a wonderful skin beautifier, and is allow skins, freckles and skin pimples.

Mrs. David O. The only reason way many hair and sculp specialists and vise against frequent shampooing is the danger that comes through the use of soap and infetior shampoos which contain free alkali or other ingredients injurious to the hair. If your hair is thin, very dry or olly and looks so duil, "stringy" and unkept a looks not the late of the city solicitor.

Eaid S. Your headache and read ready early likely come from your weak, inflamed eyes then matter immediately or your may have the matter immediately or you may have the

A GREAT DEAL OF BUSINESS On the communication of the WAS TRANSACTED.

Plea to Allow Popcorn Man to Stand With Push Cart at Corner-Reports by Committees Adopted.

The "city fathers" were in session until 11:15 o'ctock on Monday night or business. Mayor Hogg was in the chair, and all the members were present, with the exception of Ald. Elliott. The reports of the committee were passed with very little discussion the session being delayed by the dis cussions on the proposition to reduce the number of aidermen, the term o aldermen, and the motion of Ald Turkington and Ald. Stroud to have request be granted. the assessment roll published. The fol-

and referred to committees : To the board of works : G. W Mylks, re tree removal on William street; Master Builders company, re concrete walk; J. O. Hutton, re walk

on Ellerbeck street. re demand for wages; Great Lake In- from the Massey Harris Co. at a ternational Pure Water Association, re price of \$42.50, their tender being convention in Cleveland, Ohio, October | the lowest. 231d and 24th; New York Jewel Filtra That one bicycle be purchased sich company, re filter plant; Bates from Angrove Bros., at a price of Machine company, re feed water heat \$45. er; J. O. Hutton, re sewer on Elierbeck street; William Cullen, asking for chased from McKelvey & Birch at a increase of salary.

From Mrs. Carson, returning thanks lowest. the mayor and Aldermen for letter That the purchase condolence, flowers and many acts brick for the new boilers, be left to kindness on the death of her hus the chairman and manager, with WANTS HEATING SCHEME FOR band, the late Ald. John Carson. The council was notified from Otta

association will be conferred with i. regard to the entertainment of the dis quirements. tinguished visitors.

concrete walk on Earl street, abov. tender being the lowest. Victoria street .- (iranted.

Ald. Bailey presented a petition from Byron Derbyshire and others, for wal. on west Collingwood street, to be con was referred to the board of works \$100. and, no doubt, will be granted, pro viding it is properly signed.

Alds, Stroud and McCarthy aske. that some attention be paid to the Crossings in Cataraqui ward.

Mayor Hoag said that he would mit that Cataraqui ward had been th most neglected in respect to the mat 13th, 1911, be rescinded. ter of crossings. He asked that the That the making of a

representatives of the ward tell their troubles to the board of works, and keep pushing the matter, if they sired to have anything accomplished, In regard to the deed for the hand ing over of Cataraqui bridge to the end. government, referred to in the finance committee's report, it was stated, it reports were adopted. correspondence, that the city solicito. had suggested some amendments in the deed, as drawn up by the solicito for the government, W. Mundell. The amendment was to the biece that the government agree to main tain the bridge, and continue to kee, it free from tolls. The government re fused to be bound by such a clause The finance committee recommended that the deed be signed by the mayor without the inclusion of the amend ments as proposed by the city solici ried, without discussion.

Ald. Givens' Protest. Ald. Givens raised a protest in regard to the clause of the board of works report, which recommended no action, on the communication of George Ghitgras, asking for permission to stand his push-cart on the south-west corner of Montreal and Princess streets.

Ald. Givens pointed out that Mr. Ghitras paid a tax of \$75, and he regarded this as a good business tax. In fact, there were many who did not pay this much. In addition to paying this sum Ghitras had stood for five or ten minutes, or the street with his cart, and had been summoned before the police magistrate, and had been fined. City Solicitor McIntyre, who had to prosecute, to carry out the by-law, was of the opinion, that it was a hardship, while the magistrate was of

Board of Works.

The board of works recommend-That the petition of H. Munter | Sth Regiment, 3rd division, has been and others for a concrete walk from transferred from Lansdowne to Bilwill clear up your complexion wonder- Redan street to stone cairn in lings' Bridge. It! Frontenac park be granted.

U. R. Knight, 123 Colborne street, of Orcas Island, Wash., returned to of Princess street, at various hours,

On the communication of F. Etherington, M.D., asking for re-

by Mr. Mundell for the dominion government without the inclusion of the amendments as proposed by the city solicitor.

Canadian Highway association re annual convention, that 'no action On the communication of the Sis-

ters of Charity. House of Providence, re exemption from taxes and removal of street watering tax, that no action be taken re exemption and cleared the slate of a great dea, from general taxes and that the sum of \$4.13, street watering tax,

On the communication of J. P. Treneer, asking for remission of dog taxes, amounting to \$6,1 that the request be granted. On the communication of A. E.

Ross, asking for remission of taxes on Infants' home property, that the On the communication of the lowing communications were received Union of Canadian Municipalities, re fee for year 1912, that no action

> Utilities Committee. The utilities committee recom-

To eivic utilities: W. H. Woodrow, That one dump-cart be purchased

That one 2 in. separator be pur-

price of \$30, their tender being the

That two tanks of gas oil be purwa, of the visit the German doctor chased from the Craig Oil commany propose to make to Kingston on Oc and two tanks be purchased from the Paragon company, at a price On motion of Alds. Givens and of four and a half cents per Ameri Bailey, the matter was left with the can gallon, and that the chairman finance committee. The local medica and manager be given power to purchase additional tanks covering re-

Aid. Shaw presented a petition of chased from the William Hamilton towards the keeping up of the city saac Alien, for the construction of .. company at a price of \$885, their streets, repairs made to the sidewalks

that the chairman of the light, heat, night, by Mayor Hoag, who wrote power and water department be em- letter to the council, pointing out the

authority to fix the wages of "the The mayor used "the big stick" in employees of the light, heat, power a friendly manner, and expressed the and water department other than hope that the civic bodies would "get the permanent officials, and that the busy" on his recommendations. schedule of wages adopted by coun- The letter from his worship was read cil for the light plant on March to council by the clerk.

tract covering the plant's require- that he hoped that Ald. Givens, as ments for petroleum be left to the chairman of the property committee chairman and manager with power would bring forward some scheme t to act, and that they be empowered heat the city buildings. As to the city to take any steps necessary to this streets, the mayor stated that, with

IN MILITARY CIRCLES.

Lieut. L. M. Hughes Posted to No. 1 Co. R.C.GA., Halifax.

Lieut, L. M. Hughes, R.C.A., been posted to No. 1. company, R.C. J.A., Halifax. Residents of Canada in receipt pecial Indian mutiny pensions are notified that, according to a communi-



LIEUT. L. M. HUGHES.

if the pen-ioner proceeds to the United sustaining some cuts and bruises on there was danger of there being Kingdom or to a foreign country. his legs. The injured student was W. B. Anderson, of Ottawa, and J. place. He was able to be around or Honliston, of Quebec, R.C.E., have Monday afternoon, but was fortunate been examined, and are qualified for promotion to the rank of lieutenant-

> Capt. P. E. Prideaux, C.O.C., of this city, has been granted leave of absence till the 30th inst. The headquarters of "F" company

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SAKELL'S

# ABERNETHY'S

CITY BUILDINGS

And Repairs to Streets and Side Walks-His Worship Asked That the Civic Committees Consider His Requests Carefully.

That a scheme should be set forth for the heating of the city buildings, That one 12-ton crane be pur- that attention should be given at once and improvements to the market That the by-law covering: the square, was, in brief, the request made power to purchase be amended so upon the city council, on Monday powered to make purchases up to duty of the members. As a result, his letter was referred to the committee: That the manager be given full having the different matters in charge.

The mayor first referred to a heating That the making of a new con- system for the city buildings, stating few exceptions, those in Kingston were All the recommendations in the po better than could be seen in an small village. "And who is to the system of keeping up the streets be placed on as good a basis as th system now in vogue for the looking after of the light, gas and water for the city. There should be some system for the keeping up of the macadan ronds, and the suggestion was mad that the city be divided into four dis

tricts. Repairs should also be made to the sidewalks, as some of them were in a disgraceful condition. eThe walk on the market square were also in need of repairs, while a portion of the square needed to be filled in; so as do away with the large pool of water. which came after every heavy rain. The letter of the mayor was referred to the city property committee and

the board of works. Ald, Givens gave an explanation for the property committee. He stated that a plan for the heating of the city buildings had been drawn up by hi committee, and that a request har been made to the finance committee t supply the funds for the same, but th finance committee, much to his sur price, had not passed upon it. Th committee had secured all the informa tion possible, and had plans for th work prepared by Mr. Newlands, th

QUEEN'S RUGBY CAPTAIN HURT By Falling Off Motor Cycle Nea Lake Ontario Park.

John Erskine, captain of Queen' rugey team, received painful injuries on Sunday afternoon, while motor A cycling. When just beyond Lake On tacio Park, Mr. Erskine attempted to ation just received from the govern make a slight turn, with the result ment of India, such a pension lapses that he was thrown off on the road Majors A. C. Caldwell, of Toronto; driven into the city to his lodging in not sustaining more serious injur-

> WALKED STREET ALL NIGHT. Kingston Has a Mysterious Woma:

Who is the mysterious women and charming personality made them dressed in white, who walked the streets all one night last week? This is the question which a number Jarvis Waller, of Pittsburg, was of citizens were asking to-day. It at such as freckles, tan and roughness of the skin of which you speak. This is the only reliable cream I have ever found for removing wrinkles without leaving the skin rough and flabby after massaging and for reducing the after massaging and for reducing the size of large, dirt-collecting pores.

That the communications of Annie Knott, 382 Johnson street, and size of large, dirt-collecting pores.

Jarvis Waller, of Pitisburg, was pleasantly surprised, Sunday after pears that Tuesday night was the moon, when his three nephews, Thomas Woollard, of Merrill, Mich.; Alstreet. Different people noticed he walking the streets on the north side of Pasadena, Cal., and George, of Princess street, at various hours, of Oreas Island, Wash., returned to of Princess street, at various hours, of the streets of the streets of the walking the streets of Princess street, at various hours, of the streets of the walking the streets of Princess street, at various hours, of the streets of the walking the streets of Princess street, at various hours, of the woman was noticed on the massaging and for reducing the streets of the walking the streets of the walking the streets of Princess street, at various hours, of the woman was noticed to be walking the streets of the walking the streets of the woman was noticed to be walking the streets of the walking the streets of the walking the streets of the woman was noticed to be walking the streets of the woman was noticed to be walking the streets of the woman was noticed to be walking the street was the woman was noticed to be walking the street was the woman was noticed to be walking the street was the woman was noticed to be walking the street was the woman was noticed to be walking to be a street was the woman was noticed to be walking to be a street was the woman was noticed to be walking to be a street was the woman was noticed to be walking to be a street was the woman was noticed to be a street was the woman was noticed to be a street was the woman was noticed to be a street was the woman

Cures eczema, salt rheum, scaly or ching eruptions of the skin, pimple blotches, dandruff, etc. In big boxes, 25c., at McLeod's Drug Store, 53 Brock street, one door above King

On September 13th, there passed away in Mulbery, Florida, at the home of her daughter, Mrs. Oscar C. Ivey, Mrs. John Stevenson Barker, in the 76th year of her age. Mrs. Barker was a daughter of the late Thomas Alshton, M.D., Bath,



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AT THE GRAND. Fo-night Mme. Nazimova in Comedy Role.

Mme. Nazimova, the famous Russuccess, "The Marionetites." This play a light, and entertaining comedy The Leading Undertaker. of French life that delighted New York theatregoers when Mme. Nazimova early Christianity attracted so much want to learn it.

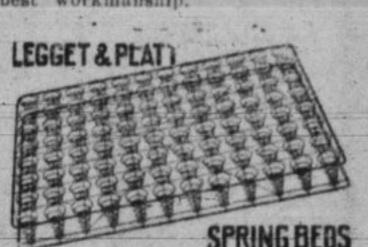
"Billy" on Thursday.

Shaw, whose popularity as artists successful drama lost sight of. s acts overwhelming favorites for the prograte offering.

"The Light Eternal." 'Ben-Hur' has a stage romance of the C.P.R. Co.



Equal to any \$18.00 Mattress, made of the purest material and best workmanship.



This make a good combination-Keilaric Mattress and Banner Spring

# ian actress, comes to the Grand JAMES REID'S

first appeared in it at the Lyceum attention as "The Light Efficial," theatre in that city last winter. the stirring spectacular drama of the There is a lesson in the play for fourth century, which comes to the vives; and for husbands, too-if they Grand next Friday and Saturday evenings and Saturday matinee. The play deals with the struggles of the early Christians of Rome, their per-Sidney Drew's famous fair e comedy, secution by the Emperor Dioeletian, "Billy," is to be the attraction at and the ultimate triumph of their the Grand Opera House on Thursday, faith. "The Light Eternal" assumes Sept. 26th: Having been selected as to teach a lesson both in the history the one play most spitable in which and practice of Christianity-but at to present Albert Phillips and Lelia no time are the essential elements of

Miss Catharine Kelly, Brockville, ast season at the Grand theatre, daughter of J. H. Kelly, died sudoronto. "Billy" is a splendidly con- denly on Friday night, following an tructed comedy and is especially an attack of apoplexy. She was aged

Ross W. Sproule, Napanee, left on Wednesday for Ottawa, where Not since the initial presentation of , he received an appointment with

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keep a bank account in the names of two persons, so that either one may make withdrawals. Such an account is called a "joint account." We shall be pleased to furnish par-

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