

This Powder never varies. A marvel of purity, strength and wholesomeness. More economical than the ordinary kinds, and cannot be sold in competition with the multitude of low test, short weight, alum of phosphate powders. SOLD ONLY IN CANS. ROYAL BAK-ING POWDER CO., 106 Wall Street, New

MEN'S DEPARTM'T

----AT----

Murray & Taylor's.

We are now showing in this Department a Larger and More Complete Range of Goods than in any previous season, and invite inspection of a Large, Choice and New Stock of GENTLEMEN'S GOODS, comprising

Fine Tweed Pantings,

Fine Tweed Suitings,

Black Corkscrew Cloths,

Black Diagonal Cloths,

Wool Underwear, all qualities,

Wool Half Hose in all qualities,

Flannel Shirts.

Undressed Shirts.

Dress Shirts.

Also all the Latest Styles in Col- quantity. lars, Cuffs, Ties, Braces, Cuff Buttons, Pins, &c.

Remember Prices Always the Lowest

Murray & Taylor's,

PRINCESS STREET.

STOVES AND HARDWARE.

Are the Leading Stoves of the day; also the new

FIRE KING, IN 4 SIZES.

These Reliable Stoves are for sale only at the NEW STOVE DEPOT.

335 and 337 King Street,

IMPOSSIBLE.

Owing to the rush of business on account of the large number of Stoves and Ranges which we are selling, we find it impossible to exhibit at the Central Fair, but we shall be pleased to show to visitors the large array of GURNEYS, RANGES and STOVES at our Warerooms, NO. 139 PRINCESS STREET.

R. M. HORSEY & CO.

MISCELLANEOUS.

D. McEWEN & SON.

Machine, Engine and Boiler Works.

Engines and Boilers for all purposes, from 1 to 100-horse power, and fully guaranteed. Steam Rock Drill and Mining Repairs constantly on hand. Cheese Factory Boilers and Fittings.

Also a number of New and Second-Hand Engines and Boilers.

Jas. H. Gilmour, of T. Gilmour & Co. Wholesale Grocers, Brockville, says: I have used "Tamarac Elixir" for a severe Cold and Cough, which it immediately relieved and cured.

Hiram Buker, Lumber and Cheese Dealer, NorthAugusta, Ont., says: "Tamarac Elixir" is a wonderful medicine for Coughs and Colds, Throat and Lung Complaints. It is without doubt the best medicine I ever used, and never fails to give immediate relief. We consider it a household necessity.

WOMAN AND HOME.

PUT UP FOR SCHOOL CHILDREN'S LUNCHEONS.

Cosmetics-To Make Pumpkin Pies-Company at the Eleventh Hour-Summer Boarders - Clothes That Kill - Stoop Shoulders-Household Hints and Helps.

Now that schools are about opening it is timely to call attention to that most amportant meal which, in the majority of households, receives but slight consideration-the school children's luncheons. The old adage reads that "school is a hungry place." At noon time healthy children are always famished, and the midday meal with them should invariably be a hearty one.

The households where the luncheons to be put up for scholars are considered the day before, and nice preparations are made that these shall be tempting and delicious, are in

It is the custom of some parents to give their children money to buy luncheon instead

the minority.

of taking the pains to plan and prepare it. The money is generally expended for what the school child calls goodies-cream cakes, pickled limes or caramels.

The noon meal carried to school should be one of personal supervision by the housewife. In the first place, a tin lunch box that can be daily scalded and aired should be provided, and not a basket that soon becomes impregnated with food odors. A luncheon cannot be put in a pocket or sachel without being spoiled, or frequently broken into a conglomeration anything but appetizing. When the child opens its luncheon, if it is a surprise of good things the fact of its having been remembered and catered to adds a relish.

Sandwiches made of ham, tongue, salt and highly seasoned meats are not desirable, for they occasion thirst, which is inconvenient during the school session. Chicken, turkey, hard boiled eggs or any fresh tender meat make toothsome sandwiches. English bread and butter sandwiches spread with cream cheese are well liked. Boston or other brown bread spread with jelly is a dessert more wholesome than pastry.

The layer in the sandwich center is more easily eaten and can be more neatly introduced if chopped.

A delicious brown bread for sandwiches or to serve with oysters is made as follows: In a large yellow bowl scald one quart of yellow Indian meal. This is done by covering the meal with boiling water sufficient to moisten it thoroughly and then allowing it to cool until tepid. Mix with it one cup of rye meal, one teacupful of yeast, three-quarters of a cup of molasses, a little salt and enough tepid water to make a thin paste. Stir all together and turn into a buttered baking pan. Cover with a cloth and let rise in a warm place. When the top begins to crack open place in a mederate oven and bake four hours. This should be twelve hours old when cut for sandwiches.

One of the best luncheon relishes is celery. It should be dusted with salt and rolled in wax paper, after sprinkling with water. It is very wholesome, refreshing and a nervine. Waxed paper is indispensable for putting up the luncheon. Sandwiches, pickles, radishes, cake, are perfectly protected when covered with it. Japanese paper napkins are serviceable and agreeable for the school luncheon, for they take up but little room and may be thrown away after using. These and the wax paper cost but a trifling sum if purchased in

The luncheon should be varied daily. Meat bread is a good substitute for sandwiches. Make a ferment of yeast and water and proceed as for ordinary bread. Incorporate thoroughly two pounds of flour and one of clear beef, chopped very fine and sprinkled with salt. During the making and baking process the meat disappears entirely, but the nutritive principles remain in the loaf.

A luncheon cake, not too rich for health, but sufficiently so to be tempting, may be made with half pound of butter, half pound of sugar, three-quarters pound of flour, five eggs and one gill of wine, and cinnamon, nutmeg and extract of rose. Bake in papered shallow pans. This cake is much improved by icing. A luncheon ginger bread, liked by young folks, is made by using one and a half pounds of flour, quarter pound butter, one pound of molasses, quarter pound of brown sugar, three eggs, quarter of a pint of warm milk, one ounce of ginger, half ounce of allspice and one teaspoonful of soda. Just before this is done, brush the top of the cake with the yolk of an egg beaten into a half cup of milk, return to the oven and finish

A raised raisin cake is one of the best for the luncheon. Two pounds of flour, half pound sugar, half pound butter, six eggs, three-fourths of a pint of water, one pound of seeded raisins, the juice and grated rind one lemon, one gill of yeast. Set a sponge with a portion of the flour, the yeast and the water, letting it stand three hours. Add the other ingredients, melting the butter and beating separately the yolks and whites of the eggs. Before making into a dough with the flour, let it rise again one hour. Then mold into pans and bake slowly. When done and cool, sift heavily over the loaf powdered sugar. - New York Evening Sun.

Cosmetics and Complexion.

If it were only a question of money wasted and folly enlightened, it would not be worth while to preach upon this text, perhaps. But probably nine out of every ten of the cosmetics in market are positively harmful. White lead, bismuth, arsenic and other powerful poisons are the usual base. They impart for a time an artificial bloom, always followed by a darkening and coarsening of the grain of the skin. The habitual use of arsenic in pills, wafers or solution results in a disturbance of the circulation, a weakened action of the heart, and not seldom in paralysis.

The Egyptian and Roman ladies, who were so famous for their beauty of complexion, are said, indeed, to have used pastes and unguents and medicated baths. But it is probable that their cosmetics were of the simplest, the equivalent of our harmless rosewater and glycerine for the soothing of an irritated surface or the whitening of the hands. It is certain that the efficacy of the baths lay in their frequency and thoroughness. To an Egyptian princess or Roman noble's wife we moderns, with our morning's hasty dip into a tub of tepid water, would rank with the great unwashed. From the scalding and rinsing and scraping and rubbing and kneading and oiling that their bathing involved, they came forth with skins of velvet, because every atom of waste was removed and every organ in the body was maintained at its full eliminative power. They changed their body linen every day as well, and by this scrupulous cleanliness offset in some degree their sins against the stomach. Among moderns, English women, as a rule,

possess in youth and keep till age the finest complexions. Their climate is kind to them. Its perpetual moisture seems to keep them in perpetual bloom, as it does their wonderful roses. But besides their climate, their customs favor thom. English girls are kept in the nursery or the school room, free from the excitement of late hours, rich food, adult society, fashionable dress or habits till their constitutions are established and their physique developed. The simple food, daily bath, hours spent out of toors, on foot or on horseback, and uneventful life, give them

To Make Pumpkin Pies.

I was reading not long ago a "recipe for making a very rich pumpkin pie," It called for a pound of butter, a quart of rich, sweet milk, ten or twelve eggs, to a quart of sifted pumpkin. Rather expensive luxuries for moderate livers. Now, within the memory of the "oldest inhabitant," that venerable individual of which every neighborhood has its one or two, the mother of whom, perhaps, made ber pumpkin pies after this method: Sift Indian meal on a pie dish to the depth of a third of an inch or so, the measure not always accurate. Stew the pumpkin, spread on the mealed dish and bake an hour in a brick oven or one before the fire. Fire places were much in vogue in those days. That inhabitant ate of pumpkin pies from September until Christmas, was hearty, healthy and well. He feasted, fairly fatted, on the round, yellow pumpkin and home grown corn meal. Methinks the newspapers of 1776 and 1800 contained few patent medicine cures for the liver. The children of those far gone days lived on "kettle loaf" and "bean porridge." Hens were of the breed that did not lay much, and all the butter was in the "old cow's horn."

The wife of this "old inhabitant" concocted her pumpkin pie after this method: "Pare and stew the pumpkin; strain through a colander, thinning with milk until the consistency of thick cream, add salt, molasses enough to sweeten to taste, a tablespoon of ginger, a few pulverized cloves and an egg to each pie; or a tablespoonful of flour rubbed to a smooth paste and stirred through. For Thanksgiving or extra occasions a few raisins, previously stewed, were dropped around in each pie. Bake on a paste in a cool oven an hour and a half. Pie paste was made by rubbing one teacupful of shortening through a quart of flour, wet with a cup of milk or water. This quantity will make four pumpkin pies and two of apple or any kind of pie that has an upper and under crust."-Cor. Detroit Free Press.

Company at the Eleventh Hour. We think it a great help to keep stored in our pantry a quantity of prepared flour, ready for the quick making of cake, doughnuts, fritters or biscuit, should company unexpectedly arrive near the meal hour, or, we, at the last moment, be requested to furnish a tempting loaf of cake or plate of crullers for some entertainment.

Against such emergencies we weigh into an empty, clean barrel, twenty-five pounds of the best flour we can obtain, and sift into it one package of Horsford's bread preparation.

Next, we take a long handled spoon and stir the flour till the preparation is thoroughly whisked among the flour. Then we twice sift the contents of the barrel and pack away from air and dust as closely as possible.

When cake is wanted, or we are in immediate need of "company" biscuit, white and feathery, we have only to measure cream and sugar, whisk up our eggs, and pop in spices and fruit; or, to simply measure sweet milk, if biscuit, only, are wanted, and add flour till the dough is of the right texture. Since the introduction of this prepared flour in our pantry, we have our cakes stirred and beautifully baking in the same time that would require us, in the old way, to measure and free of lumps, cream of tartar, or acid and soda and measure and sift every individual cup of fiour. - Clarissa Potter in Good Housekeeping.

Summer Boarders as Missionaries.

The accident that sent out the first summer boarder was a seed falling on quick soil. There was a struggle in the beginning to meet the wants of the urbans; there was a decided hostility toward the fussy beings who would not drink from wells near which backdoor slops and sink spouts dribbled, who objected to flies, who did not like meat fried, who wanted air, who could find pleasure in trapsing through woods and meadows and bringing home green truck. But hostility or not, the thing meant new gowns, a term at the academy, another cow, an improved team, a mortgage lifted, attainment of the impossible. And year by year the summer boarder came, and with the money to spare from one the house was painted for another; and with resulting funds the fences were reorganized and the porches came. It was she who, having suggested the piazza, suggested the vines for it; and so much done, the girls of the house kept pace with a flower garden of their own.

And with the summer boarder came books and magazines, and pleasant habits of talk, sometimes music, usually gentle manners. Occasionally one of the girls was invited for a glimpse of the city, bringing home matter for marvel; and the end of it all was corrected habits, corrected grammar, widened views, homes transformed from ignorant dreariness to neat attractiveness, libraries, pianos, grace of turnishing, and country folk on a level with city folk. Of course there were always country folk who dwelt on the highest level that there is; but to those who did not the summer boarder has been a city missionary. Harper's Bazar.

To Straighten Stoop Shoulders. Some time ago I noticed that some one wanted to know what would tend to straighten a stoop shouldered girl.

The following movements, performed with one pound wooden dumb bells, or as free hand movements, will be found very beneficial if persevered in. The best time is upon rising and retiring, as the body should not be bound in any way by the clothing:

1. Arms extended horizontally in front, with palms facing, hands clenched. Hold the head erect and the chest out. Then draw the hands in strongly, the elbows passing close to the body and as far back as possible. 2. Same position except that the hands are open. Swing the hands back to the side horizontal position-as far back as possible.

3. Hands hanging in their natural position at the sides. Raise the arms slowly, side wise, until the backs of the hands touch above the head, keeping them as far back as possible. Of course as erect a position as possible must be maintained at all times, or the speial training will do no good. Do not be discouraged, for you have been getting that stooped back for years, and you mustn't expect to straighten all of a sudden.

Above all things don't wear shoulder braces. They strengthen the muscles of the chest by the continual resistance, while the back muscles are not called into action .-Mrs. A. R. C. in Detroit Free Press.

Clothes That Kill.

The advice to women to promote their health by out door exercise is never wanting. But no amount of fresh air exercise can save women from the evil effects of their present style of dress. It is their clothes that kill

Every step a woman takes her foot contends with her skirt. She lifts it on the instep, and she lifts it on the heel. The weight may be ounces or pounds, but it is taken up at every step. The heavy skirts, with flounces, overskirt, and other trimmings, hang their many pounds, flapping around the feet and legs of the wearer. The corset does not allow space to take a full breath, and the tight sleeves cause the muscles to cry for room. Dressed in this fashion, the wearer comes back from

Continued on page three.

bath, hours spent out of wors, on foot or on horseback, and uneventful life, give them sound stomachs, hearty livers and tranquil nerves, and the beautiful coloring is a matter of course.—Harper's Bazar.

Yesterday was a dark, damp, dreary day yet the opening of our

MAMMOTH SALE

WASA

SURPRISING SUCCESS!

LARGE ATTENDANCE! LARGE SALES!

And a favourable and lasting impression made upon the minds of every purchaser, were the gratifying results.

SALE WILL CONTINUE DURING ENTIRE MONTH.

Special and Extraordinary Bargains for Every Day.

COUSINEAU

THE BUSIEST PLACE IN THE CITY

Spence & Crumley's Great Millinery Show Now Going On.

We regret that our Show Room was not large enough to admit all who wished to gain admittance, and that we could not give the attention to all we would like from the crush. Would those who had difficulty in seeing, and those who could not get in for the crowd, kindly call again and we will be glad to show them the goods whether they wish to purchase or not.

Another Lot of New York Hats and Trimmings in to-day.

SPENCE & CRUMLEY'S,

132 and 134 Princess Street.

Grand Opening of Fall and Winter Goods

We are showing a large and extensive assortment of Overcoatings, Suitings and Trouserings in all the Latest Fabrics, new designs, new shades. Our stock consists of Beavers, Meltons, Naps, Friezes, Pilots, Worsteds and Fancy Tweeds for Overcoats.

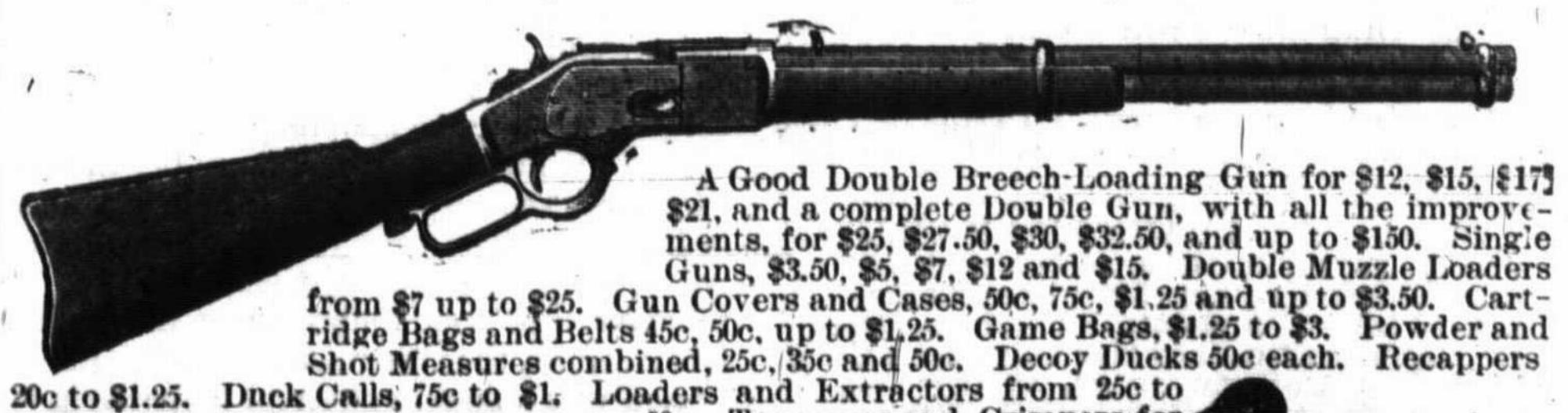
Tweeds, Black and Colored, and Fancy Worsteds for Suitings, and the choicest variety of Fancy Pantings to be found in the city. Place your order early and have your Fall Suit or Overcoat made before the trade be

gins to boom, and remember, OUR PRICES ARE RIGHT. See our stock of Fancy Worsteds for Prince Albert Suits.

C. ROBINSON,

Wellington St., 2 Doors from Princess St.

Guns, Rifles, Revolvers and Ammunition.



50c. Turnovers and Crimpers for MODEL WINCHESTER 1873

paper shells, 75c, \$1.10 and \$3 each. Implement Sets, complete, will do everything but shoot, from \$2 to \$18 per set. Wads, from 4 to 20 gauze, price per thousand, 25c to \$2. Paper Shells from 75c, 90c, \$1

and \$1.25 per 100. Brass Shells 2c, 5c, 7c, 10c and 25c each. Powder, Hamilton, 40c, 50c, 60c and 75c lb. Hazards' Sea Shooting and Duck Shooting, 60c to 75c lb. Curtis & Harvey's, \$1 lb. Every description of SPOPTING GOODS, for the forest, field and stream At Prices Guaranteed as Low as the Lowest

ROUTLEY'S TOBACCO & CIGAR STORE,

173 PRINCESS STREET

FALL STOCK COMPLETE

ATWALDRON'S.

New and Handsome Striped Costume Cloths. New and Handsome Plaid Costume Cloths. New and Pretty Check Costume Cloths. New and Cheap Fancy Jacket Cloths. New and Pretty Fancy Ulster Cloths.

New and Fancy Designs in Curly Cloths. E00 Pieces New Dress Goods, Extra Low Prices.