

1911 150
b
Hang Me Up in a Handy Place. I'm Worth While

APPS LIMITED
YEAR BOOK
FOR 1911

Branchita
Splendid Cooking Recipes
Facts About Canada
Health Insurance Hints

parties
A MONTHLY CALENDAR

With Birthday Horoscope.

A HOUSEHOLD COMPANION

Steele
APPS LIMITED

THE QUALITY DRUG STORE

Phone 12

PARIS, ONT.

PERFUMES

There is nothing else which quite so clearly marks the gentlewoman of refinement as the delicacy and quality of the perfume used.

A dainty fragrance that is as delicate as it is lingering, will never be conspicuous or obtrusive.

We carry always a well selected stock of the best odors on the market.

And we know how to protect perfumes from deterioration.

The price does not always dictate the quality, but usually does.

We will always be glad to show you.

TOILET ARTICLES

A poor dentifrice or other toilet article may be a dangerous thing to use.

We have a splendid assortment of good things for the skin, the teeth and the hair.

They all help to make you more comfortable and to enjoy better health.

Our stock of Toilet Brushes are chosen with care and are good values.

CALENDAR FOR 1911.

ECLIPSES.—Standard Time.

In the year 1911 there will be two Eclipses, both of the Sun.

I.—A Total Eclipse of the Sun, April 28th. Visible to the United States, with the exception of the northern and north-eastern portions, the eclipse extending north as far as a line drawn through the cities of Philadelphia, Milwaukee, Butte, Mont., and Portland, Ore. Also visible to Mexico, Central America, the western portion of the West Indies, the eastern half of Australia, New Zealand, and the Pacific Ocean, the path of totality extending from Auckland, Australia, across the Pacific Ocean, almost to Central America.

II.—An Annular Eclipse of the Sun, October 22. Invisible to the United States. Visible to Asia, the Philippine Islands, Australia, the northern part of New Zealand, and the Pacific Ocean, the path of annulus starting at the Aral Sea, extending across Asia, passing south of the Philippine Islands, across New Guinea, to a point in the Pacific Ocean.

THE TWELVE SIGNS OF THE ZODIAC.

THE RAM. Aries, ♈ HEAD & FACE.

<p>TWINS. Gemini. The Arms.</p> <p>LION. Leo. The Heart.</p> <p>BALANCE. Libra. The Reins.</p> <p>ARCHER. Sagittarius. The Thighs.</p> <p>WATERMAN. Aquarius. The Legs.</p>	<p>♊</p> <p>♌</p> <p>♎</p> <p>♏</p> <p>♋</p> <p>♍</p>		<p>♈ BULL. Taurus. The Neck.</p> <p>♋ CRAB. Cancer. The Breast.</p> <p>♏ VIRGIN. Virgo. The Bowels.</p> <p>♏ SCORPION. Scorpio. The Loins.</p> <p>♏ GOAT. Capricornus. The Knees.</p>
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FISHES, Pisces. ♓ THE FEET.

THE SEASONS.

	Eastern Time
Vernal Equinox (Spring begins).....	March 21 d. 0 h. 54 m. P. M.
Summer Solstice (Summer begins).....	June 22 d. 8 h. 35 m. A. M.
Autumnal Equinox (Autumn begins).....	Sept. 23 d. 11 h. 17 m. P. M.
Winter Solstice (Winter begins).....	Dec. 22 d. 5 h. 53 m. P. M.

MORNING AND EVENING STARS.

MERCURY (♁) will be Morning Star about February 2, June 1, and September 25; and Evening Star about April 14, August 13 and December 7.

VENUS (♀) will be Evening Star till September 15; then Morning Star the rest of the year.

JUPITER (♃) will be Morning Star till April 30; then Evening Star till November 18; and then Morning Star again the rest of the year.

Just About This Book

We present you with this little book for two very good reasons. We want you to have something of real value as a slight acknowledgment of past relations which we have honestly tried to make agreeable and profitable to you in every way. We hope also to remind you through the year that we are always anxious to give you the best of intelligent service.

The cooking recipes given will in every case be found absolutely reliable, being the regular working recipes of one of the foremost authorities of America on Culinary Science.

We occasionally refer to some of the well known Nyal Family Remedies, manufactured by a firm of skilled chemists of over 50 years' experience—The New York & London Drug Company, of New York, made in Canada at their laboratory at Windsor, Ontario.

The public faith in the old time "patent" medicine has been very much shattered, and it is to your interest to know and use reliable, honest packaged medicines for those everyday ailments for which Canadians are not in the habit of consulting a doctor. In serious matters our advice is always to consult your doctor.

We know the formulas of all Nyal Remedies and know that they will do what is claimed for them.

Correct Kitchen Measurements

The cooking recipes in this book are accurate and have been proven by careful experiment. To get the best results your measurements must be accurate.

Table of Measures and Weights

9 Large Eggs1 pound	4 1-3 cups Rye meal1 pound
1 square Baker's Chocolate	.1 pound	2 2-3 cups granulated corn meal1 pound
3 teaspoons1 tablespoon	2 2-3 cups oatmeal1 pound
16 tablespoons1 cup	2 2-3 cups brown sugar	.. 1 pound
2 tablespoons butter1 ounce	2 2-3 cups powdered sugar	..1 pound
4 tablespoons flour1 ounce	2 cups granulated sugar	..1 pound
2 cups finely chopped meat	1 pound	2 cups flour (pastry)	.. .1 pound
3½ cups entire wheat flour	1 pound	2 cups butter (packed solidly)1 pound
4½ cups Graham flour1 pound		

FRENCH DRESSING

2 tablespoons Vinegar; 4 tablespoons Olive Oil; $\frac{1}{4}$ teaspoon Pepper; $\frac{1}{2}$ teaspoon Salt.

Mix ingredients well and stir until thoroughly blended. Sometimes a few drops of onion juice are added. This is a very easily prepared dressing.

Nyal's Digestive Tonic—makes you eat your meals with relish and enjoyment.

TOMATO SALAD

Arrange alternate slices of tomato and cucumber until about 6 slices are piled up, then place on lettuce leaves. Remove seeds from peppers and parboil 2 minutes before using. These may be used for garnishing by cutting them in small strips and placing them across the salad. Serve with Mayonnaise Dressing.

Laxacold Tablets are the real twenty-four hour cold Cure—no quinine—no buzzing in the ears.

LOBSTER SALAD

Take lobster meat from shell and cube it. Then mix with French Dressing. After mix with Mayonnaise Dressing and arrange on lettuce leaves, like nests. Put a spoonful of Mayonnaise on each, then rub lobster coral through a sieve and sprinkle it on. Garnish with small lobster claws around outside of dish.

Nyal's Blood Purifier for new blood—new strength and permanent good health.

BOILED DRESSING

$\frac{1}{2}$ tablespoon Salt; $1\frac{1}{2}$ tablespoons Sugar; 1 teaspoon Mustard; few grains of Cayenne; $\frac{3}{4}$ cup Milk; $1\frac{1}{2}$ tablespoons Melted Butter; Yolks 2 Eggs; $\frac{1}{2}$ tablespoon Flour.

Mix the dry ingredients, add yolks of eggs slightly beaten, then add milk, butter and vinegar very slowly. Cook over boiling water until mixture thickens, then strain and cool.

OIL DRESSING

4 tablespoons Vinegar; $\frac{1}{2}$ tablespoon Sugar; 4 tablespoons Oil; 4 hard boiled Eggs; $\frac{1}{2}$ teaspoon Mustard; $\frac{1}{2}$ teaspoon Salt; few grains Cayenne; White 1 Egg.

Force yolks of eggs through a strainer, then with a silver or wooden spoon work until smooth. Add sugar, mustard, salt and cayenne, and after these are well blended add oil and vinegar gradually, beating and stirring until thoroughly mixed; then beat egg (white) until stiff and cut and fold it in.

TOMATO JELLY SALAD

Add one teaspoon each of salt and powdered sugar to one can of strained and stewed tomatoes. Soak 2-3 box gelatine in $\frac{1}{2}$ cup cold water, then add it to mixture. Pour mixture into small cups and chill. Before taking mixture out of mould run knife around inside of it so that when taken out it will look like a fresh tomato, then place on lettuce leaves and garnish with Mayonnaise Dressing.

First Canadian bank (of Montreal) started in 1817.

MUSHROOM SOUP

$\frac{1}{2}$ pound Mushrooms; 2 pints Soup Stock, white; $\frac{1}{4}$ cup Sage; 1 cup Boiling Water; 1 cup good Sweet Cream; Yolks 2 Eggs; Salt and Pepper.

Add to the stock the mushrooms, cleaned and chopped, cook 20 minutes and strain through a sieve; add sago which has been cooked in boiling water for one-half hour to soup stock, and bring to a boiling point; then season, and lastly add cream and eggs well beaten.

Southern part of Ontario in latitude of Rome; northern part of Manitoba, opposite Liverpool.

POTATO SOUP

3 Potatoes; 1 quart Milk; 2 slices Onion; 2 tablespoons Flour; 3 tablespoons Butter; Salt; $\frac{1}{4}$ teaspoon Celery Salt; $\frac{1}{4}$ teaspoon White Pepper; Dash Cayenne Pepper; 1 teaspoon Parsley (chopped).

Cook potatoes until soft in boiling salted water; put through a strainer, scald milk with onion, take out onion, add milk slowly to potatoes, add the flour and seasonings to half of the butter which has been melted; mix well and stir into the hot soup, cook one minute; strain; add the rest of the butter and parsley.

The beaver first appeared as Canada's emblem on coat-of-arms granted by Charles I., to Sir William Alexander.

BUCKWHEAT CAKES

1-3 cup fine Bread Crumbs; 2 cups Scalded Milk; $\frac{1}{4}$ teaspoon Soda; $\frac{1}{2}$ teaspoon Salt; $\frac{1}{4}$ Yeast Cake dissolved in $\frac{1}{2}$ cup Lukewarm Water; 1-1.3 cups Buckwheat Flour; 1 tablespoon Molasses.

Soak crumbs in milk 30 minutes, add salt, yeast cake and flour to make a batter thin enough to pour. Let rise over night, and in morning stir well, add molasses, $\frac{1}{4}$ teaspoon soda dissolved in one-fourth cup lukewarm water and cook same as griddle cakes.



MOON PHASES—EASTERN STANDARD TIME

	D.	H.	M.		D.	H.	M.
F. Q.	8	1	20 A.M.	L. Q.	22	1	21 A.M.
F. M.	14	5	26 P.M.	N. M.	30	4	45 P.M.

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

D	D	HISTORICAL EVENTS	Moon signs	Sun rises H. M.	Sun sets H. M.	Moon sets H. M.
1. SUNDAY AFTER CHRISTMAS. Day's Length, 9h. 7m.						
1	S	<i>New Year's Day</i>		7 30	4 37	5 21
2	M	Port Arthur surrendered, 1905		7 30	4 38	6 27
3	T	Lord Curzon ar. Calcutta, 1899		7 30	4 39	7 34
4	W	Columbus landed, 1492		7 30	4 40	8 42
5	T	Sir Daniel Wilson born, 1816		7 30	4 40	9 51
6	F	<i>Epiphany.</i> Toronto <i>Globe</i> fire, '95		7 30	4 42	11 0
7	S	Siberia colonized, 1822		7 30	4 43	morn
2. 1ST SUNDAY AFTER EPIPHANY. Day's Length, 9h. 14m.						
8	S	British enter Candahar, 1879		7 30	4 44	0 11
9	M	Lord Nelson buried, 1806		7 29	4 45	1 24
10	T	Dr. Harper died, 1906		7 29	4 46	2 40
11	W	Alabama seceded, 1861		7 29	4 47	3 59
12	T	Lord Balfour born, 1849		7 28	4 48	5 18
13	F	Rhoades Opera Hse. fire, 1908		7 28	4 49	6 32
14	S	Earthquake at Jamaica, 1907		7 28	4 50	rises
3. 2ND SUNDAY AFTER EPIPHANY. Day's Length, 9h. 24m.						
15	S	British Museum opened, 1759		7 27	4 51	5 40
16	M	Typhoon devast. Philippines, '07		7 27	4 52	6 56
17	T	M. Fallieres, Pres. France, 1906		7 27	4 53	8 10
18	W	Bulwer Lytton died, 1873		7 26	4 55	9 20
19	T	Edgar Allan Poe born, 1809		7 25	4 56	10 26
20	F	John Ruskin died, 1900		7 25	4 57	11 30
21	S	Queen Victoria died, 1901		7 24	4 58	morn
4. 3RD SUNDAY AFTER EPIPHANY. Day's Length, 9h. 36m.						
22	S	Accession King Ed. VII, 1901		7 24	5 0	0 33
23	M	British Troops to Canada, 1861		7 23	5 1	1 36
24	T	Ld. Randolph Churchill died, '95		7 22	5 2	2 39
25	W	Str. Republic disaster, 1909		7 21	5 3	3 41
26	T	Gen. Gordon killed, 1885		7 21	5 4	4 42
27	F	German Emperor born, 1859		7 20	5 6	5 40
28	S	Victoria Cross instituted, 1856		7 19	5 7	6 31
5. 4TH SUNDAY AFTER EPIPHANY. Day's Length, 9h. 50m.						
29	S	King Christian IX died		7 18	5 8	sets
30	M	Great Flood in Paris, 1910		7 17	5 10	5 23
31	T	Guy Fawkes executed, 1606		7 16	5 12	6 32

Weather Predictions. — 1-4, moderating; 5-7, cloudy and snow; 8-10, stormy; 11-16, very cold; 17-21, milder; 22-25, snow; 26-29, very cold; 30-31, cloudy.

BEEF AND RICE CROQUETTES

1 cup Chopped Beef; ½ teaspoon Salt; 1-3 cup Rice; ½ teaspoon Pepper; few grains Cayenne; Cabbage; Tomato Sauce.

FRENCH FRUIT SALAD

3 Bananas; 2 Oranges; 12 English Walnuts; ½ pound Malaga Grapes; 1 head Lettuce; French Dressing.

After peeling oranges remove pulp from each part or section. Cut bananas in ¼ inch slices and remove seeds and skins from grapes; chop walnuts in small pieces. Mix ingredients and arrange on lettuce leaves. Best served with French Dressing.

TOMATO SAUCE

Brown 4 tablespoons Butter and then add about 5 tablespoons flour and pour on 1½ cups each brown stock and stewed and strained tomatoes. Add one slice of carrot, one slice of onion, one bay leaf, and four cloves, one sprig parsley, ¾ teaspoon salt, ¼ teaspoon pepper, cayenne. Cook 10 minutes then strain.

Canada has the world's largest lift lock at Peterboro

BOSTON BROWN BREAD

1 cup Rye Meal; 1 cup Granulated Corn Meal; 1 cup Graham Flour; 2 cups Sour Milk or $1\frac{1}{4}$ cups Sweet Milk or Water; $\frac{3}{4}$ tablespoon Soda; 1 teaspoon Salt; $\frac{1}{4}$ cup Molasses.

Mix and sift dry ingredients, add molasses and milk, stir until well mixed, turn into a well buttered mould two-thirds full and steam three and one-third hours. The cover should be buttered and tied down with a string.

Be careful what you give the baby and children. A cough is not in itself very serious, but if it continues may be quite dangerous.

Nyal's Baby Cough Syrup, like all Nyal Remedies, is made especially to relieve coughs with babies and children.

Contains no "dope" whatever, but certainly does give relief.

BAKING POWDER BISCUIT

2 cups Flour; 4 teaspoons Baking Powder; 2 tablespoons Butter; about $\frac{1}{4}$ cup Milk; $\frac{1}{2}$ teaspoon Salt.

Mix flour, salt and baking powder and sift twice. Work in butter with tips of fingers; add gradually sufficient milk to soften dough. On a floured board pat and roll lightly to one-half inch in thickness. Shape and place in hot oven for 12 to 15 minutes. Do not bake in a slow oven.

COLDEN SPICE CAKE

$2\frac{1}{2}$ cups Flour; $\frac{1}{2}$ cup Milk; $\frac{1}{2}$ cup Molasses; $\frac{1}{2}$ cup Brown Sugar; $\frac{1}{2}$ cup Butter; 1 Egg; Yolks 4 Eggs; 1 teaspoon Cinnamon; $\frac{1}{2}$ teaspoon Soda; $\frac{1}{2}$ teaspoon Cloves; $\frac{1}{2}$ teaspoon Grated Nutmeg; few grains Cayenne; few grains Lemon Rind.

Cream the butter and gradually add the sugar; then the eggs and the yolks of eggs well beaten; then the milk, molasses, flour mixed and sifted with spices; add cayenne and lemon rind. Bake in a moderate oven 1 hour and cover with White Mountain Cream.

Canadian No. 1 Hard wheat is the highest priced wheat in the world.

FOR THE PLUM TREE

For one tree soak about twelve cobs over night in turpentine, then hang them in the tree when in full bloom, and later your tree will be full of sound plums.

One of those stuffy, snuffy, feverish colds is very distressing, not only to you, but to the rest of the family.

All the machinery seems to have stopped—liver, kidneys, pores—everything on strike; start the machinery going gently, but surely, by taking Laxacold.

It removes the retained waste products—starts perspiration, loosens the bowels and inside of a day or so you are as good as new. But don't try to do this job in too big a hurry. You are liable to be worse than before.

TO MEND RUBBERS

Rubbers may be quickly and easily mended by applying a cement of pure rubber dissolved in chloroform. It must be applied quickly with small brush.

Did you ever have two coughs just alike, or do you notice two people whose cough affects them just the same? For that very reason one cough syrup cannot be expected to meet all cases. That's why you find several Cough Remedies amongst Nyal's.

If your chest is "tight" and sore or if your cough is "dry" and "tickly," or if your cough is loose but persists, better let us explain the different Nyal Cough Remedies. We know we can suit you and give you prompt relief.

First concerted U. S. emigration to Western Canada was 44 people, in 1896.

IS YOUR BIRTHDAY IN JANUARY?

People born in January are natural leaders and thinkers, very active workers, but often too easily discouraged. The women make good teachers, and succeed in business life. The men succeed as merchants, politicians, constructive engineers and in big enterprises generally. These people are all original and should be self-reliant enough to carry out their own ideas regardless of envious critics; yet should be on the alert for new ideas. The birthstones for this month are the Ruby, White Onyx and Moonstone. Motto: "I can—I will." Tuesday is the "lucky day."



MOON PHASES—EASTERN STANDARD TIME

	D. H. M.		D. H. M.
F. Q.	6 10 27 A.M.	L. Q.	20 10 44 P.M.
F. M.	13 5 37 A.M.	N. M.	28 7 31 P.M.

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

Weather Predictions. — 1-2, severe gales; 3-6, heavy snow; 7-12, very cold; 13-15, milder; 16-18, heavy snow; 19-23, very cold; 24-26, moderating; 27-28, cloudy.

D	M	HISTORICAL EVENTS	Moon signs	Sun rises	Sun sets	Moon sets
M	W			H. M.	H. M.	H. M.
1	W	Great fire at Quebec, 1854		7 15 5	13 7 42	7 42
2	T	Purification. <i>Candlemas Day</i>		7 14 5	14 8 52	8 52
3	F	Greece declared free, 1830		7 13 5	15 10 3	10 3
4	S			7 12 5	17 11 15	11 15

CHICKEN CROQUETT

Take a four pound fowl, clean and dress it. Have 6 cups boiling water in a kettle and put fowl in. Then put in 2 slices carrot, 1 small onion, 1 stalk celery, 3 sprigs thyme, 1 bay leaf. Cook slowly until fowl is tender. Take fowl out of kettle. Strain liquor, cool and skim off fat. Make sauce using 1/2 cup flour, 1/4 cup butter, 1 cup chicken stock, 1-3 cup cream. Take meat from chicken and chop finely and moisten with sauce. For seasoning use cayenne, salt, and nutmeg, then add a beaten egg and let cool; then shape and fry like other croquettes. Arrange around a mound of green peas. Best served with Wine Jelly or Cream Sauce.

6. 5TH SUNDAY AFTER EPIPHANY. Day's Length, 10h. 7m.

5	S	Thomas Carlyle died, 1881		7 11 5	18 morn	
6	M	Kaid Maclean released, 1908		7 10 5	19 0 29	
7	T	Gt. fire Balt., '04, \$70,000,000 loss		7 9 5	20 1 45	
8	W	Pope Pius IX died, 1878		7 8 5	22 3 2	
9	T	Confederate Congress met, 1861		7 7 5	23 4 15	
10	F	Russia declares war, 1904		7 6 5	25 5 21	
11	S	Japan declares war, 1904		7 4 5	26 6 16	

7. SEPTUAGESIMA SUNDAY. Day's Length, 10h. 25m.

12	S	Steamer Penguin lost, 1909		7 2 5	27 rises	
13	M	R. Wagner, composer, died, 1883		7 1 5	28 5 47	
14	T	<i>St. Valentine's Day</i>		7 0 5	30 6 59	
15	W	Kimberley relieved, 1900		6 59 5	31 8 7	
16	T	Jesuit Fathers' Mission, 1802		6 58 5	32 9 14	
17	F	Chief Geronimo died, 1909		6 56 5	33 10 19	
18	S	Battle of Paardeberg, 1900		6 55 5	35 11 22	

8. SEXAGESIMA SUNDAY. Day's Length, 10h. 43m.

19	S	Great fire at Toronto, 1904		6 53 5	36 morn	
20	M	Wreck of Str. Berlin, 1907		6 52 5	37 0 25	
21	T	Trinidad capitulated, 1797		6 50 5	38 1 28	
22	W	George Washington born, 1732		6 49 5	39 2 31	
23	T	First Transvaal Ministry, 1907		6 47 5	41 3 30	
24	F	<i>St. Matthias</i> , J. Keats, poet, d. '21		6 46 5	42 4 24	
25	S	Battle of Trenton, 1876		6 44 5	43 5 11	

9. QUINQUAGESIMA SUNDAY. Day's Length, 11h. 2m.

26	S	Fire Montreal Sch., 17 killed, 1907		6 43 5	45 5 51	
27	M	Gen. Cronje surrendered, 1900		6 41 5	46 6 24	
28	T	Ladysmith relieved, 1900		6 39 5	47 sets	

COTTAGE PUDDING

23 cup Sugar; 1/4 cup Butter; 1 cup Milk; 2 1/4 cups Flour; 4 teaspoons Baking Powder; 1/2 teaspoon Salt.

Cream butter, then gradually add sugar and egg well beaten, sift together flour, baking powder and salt; then add this alternately with milk to first mixture; then turn this into buttered cake pan and bake about 35 minutes. Bast with Vanilla or Hard Sauce.

MOLASSES CANDY

3 tablespoons Butter; 1 tablespoon Vinegar; 2-3 cup Sugar; 2 cups Porto Rico Molasses.

Melt butter in kettle and add molasses and sugar. Keep stirring until sugar is dissolved. Stir constantly during latter part of cooking. When mixture is brittle after being tried in cold water, then add vinegar and take from fire. Pour into a pan well buttered. When cool enough to handle pull until light colored and porous. Cut by sharp knife or shears and place on buttered plates to cool.

Did you ever stop to think how foolish it is to put a red flannel soaked with liniment on the outside of the throat?

That isn't where the trouble is. Sore throat yields most promptly to the right sort of antiseptic gargle. That's why Nyal's Sore Throat Cure is such a good thing and isn't good for anything else.

SNOW CAKE

1 2-3 cups Flour; $\frac{1}{2}$ cup Milk; 1 cup Sugar; $\frac{1}{4}$ cup Butter; $\frac{1}{4}$ teaspoon Almond Extract or $\frac{1}{2}$ teaspoon Vanilla; Whites 2 Eggs; 2 $\frac{1}{2}$ teaspoons Baking Powder.

Use the same method of mixture as for butter cakes. Put in a deep, narrow pan and bake 45 minutes.

For a good, old-fashioned herb tea like grandmother used to give us, there is nothing quite so good as Nyal's Mountain Herbs.

Purely vegetable—they keep the stomach and bowels right and renovate the whole system.

Made also in tablet form, 200 in large box.

LILY CAKE

1 2-3 cups Flour; $\frac{1}{2}$ cup Milk; 1 cup Sugar; 1-3 cup Butter; Whites 3 Eggs; 2-3 teaspoon Vanilla; 1-3 teaspoon Lemon Extract; 2 $\frac{1}{2}$ teaspoons Baking Powder.

Use same recipe for mixing Butter Cakes.

FRENCH NOUCAT

$\frac{1}{4}$ pound Almonds, blanched and chopped; $\frac{1}{2}$ pound Confectioner's Sugar; Confectioner's Chocolate.

Place sugar on range in a sauce pan and stir until melted; add almonds and pour on an oiled marble. Fold mixture as it spreads with a broad bladed knife and keep it in constant motion. Divide in four parts and shape in long rolls and keep them in motion until almost cold, then snap in pieces $1\frac{1}{2}$ inches long. Melt confectioner's chocolate over hot water, and beat until light and smooth, and when slightly cooled dip pieces in chocolate and then with a two-pronged fork or bonbon dipper remove to oiled paper.

It's a good thing to have in the house, a sort of "first aid to the sick." Often a sudden pain develops in one of the family and you don't know what is the matter. Often the trouble subsides and does not again recur.

A lot of needless suffering may be avoided by prompt administration of Nyal's Pain Relief.

It is good for a lot of things and they tell you honestly how far its usefulness goes.

It is said that lamp wicks are rendered non-smouldering by immersion in a saturated solution of borax and drying before use.

A bank of coal 20 miles long, on Slave River, has been on fire for over a century.

Wheat grows in the Canadian Far North in latitude of Southern Greenland.

Maybe it is worms that ails the youngster. Worth while trying one of Nyal's Worm Remedies—Syrup, Liczenes, Powders or Chocolates.

IS YOUR BIRTHDAY IN FEBRUARY?

People born in February have good taste, judgment, intuition and memory, and a fine sense of honor, but often think too much of their personal appearance. The women are domestic and affectionate, the men loyal and sincere but often too reserved. The women do well as nurses and physicians, also are often gifted in music and art. The men are best adapted to professional life, especially in medicine and law. The birthstone for this month is the Amethyst. Motto: "I will be Myself." Saturday is the "lucky day."



MOON PHASES—EASTERN STANDARD TIME

D. H. M. D. H. M.
 F. O. 7 6 1 P.M. L. O. 22 7 26 P.M.
 F. M. 14 6 53 P.M. N. M. 30 7 38 A.M.

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

D	M	HISTORICAL EVENTS	Moon signs	Sun rises H. M.	Sun sets H. M.	Moon sets H. M.
1	W	Ash Wednesday		6 38	5 48	6 39
2	T	John Wesley died, 1791		6 36	5 50	7 51
3	F	Dewey made Admiral, 1899		6 35	5 51	9 4
4	S	Abraham Lincoln Pres. U.S., 1860		6 33	5 52	10 19

10. 1ST SUNDAY IN LENT. Day's Length, 11h. 24m.

5	S	Thames Tunnel opened, 1843		6 32	5 53	11 36
6	M	Toronto Incorporated, 1834		6 30	5 54	morn
7	T	Queen's College, Kingston, 1842		6 28	5 56	0 53
8	W	Aboukir capt'd by British, 1801		6 27	5 57	2 7
9	T	Emperor William I died, 1888		6 25	5 58	3 14
10	F	Standard Oil Co. acquitted, 1909		6 23	5 59	4 11
11	S	Philadelphia Incorporated, 1789		6 21	6 0	4 57

11. 2ND SUNDAY IN LENT. Day's Length, 11h. 42m.

12	S	Desjardins Canal accident, 1857		6 19	6 1	5 33
13	M	Duke of Connaught married, 1879		6 18	6 3	6 2
14	T	Battle of Newborn, 1862		6 16	6 4	rises
15	W	First Ses. Alberta Legislat., 1906		6 15	6 5	6 57
16	T	Great Earthquake, Caracas, 1812		6 13	6 6	8 1
17	F	St. Patrick's Day		6 11	6 7	9 6
18	S	French Commune, 1871		6 9	6 10	11 11

12. 3RD SUNDAY IN LENT. Day's Length, 12h. 2m.

19	S	Lucknow taken, 1858		6 8	6 10	11 16
20	M	Napoleon II born, 1811		6 6	6 11	morn
21	T	Spring begins		6 4	6 12	0 19
22	W	Rev. Jas. Spurgeon died, 1899		6 2	6 13	1 19
23	T	Nice Opera House burned, 1881		6 1	6 14	2 15
24	F	Longfellow died, 1882		5 59	6 15	3 5
25	S	Annunciation		5 57	6 16	3 47

13. 4TH SUNDAY IN LENT. Day's Length, 12h. 23m.

26	S	Bank of England Incorp'd., 1694		5 55	6 18	4 22
27	M	Cyclone in Louisville, 1897		5 54	6 19	4 52
28	T	Riot in New York, 1908		5 52	6 20	5 18
29	W	Russian War ended, 1856		5 50	6 21	5 41
30	T	Fredericton Incorporated, 1848		5 48	6 22	sets
31	F	John G. Saxe, poet, died, 1887		5 47	6 23	8 1

Weather Predictions. — 1-2, changeable; 3-5, heavy snow; 6-9, colder; 10-13, thawing; 14-18, clear and mild; 19-23, threatening; 24-27, gales; 28-31, pleasant.

BREAD AND BUTTER PUDDING

1 small Stale Loaf; 3 Eggs; Butter; ¼ teaspoon Salt; ½ cup Sugar; 1 quart Milk.

Take end crusts from bread, cut bread in about ½ inch slices and spread each with butter; with buttered side down place in pudding dish. After beating eggs slightly add salt, sugar and milk, strain, then pour over bread and let stand 30 minutes. Bake 1 hour and keep covered first half hour of baking (slow oven). Brown well and serve with Hard Sauce. Raisins may be used between layers of bread.

STRAWBERRY COTTAGE PUDDING

1-3 cup Butter; 1 Egg; ½ cup Milk; 1 cup Sugar; 1½ cups Flour; 3 teaspoons Baking Powder.

Mix about the same as Cottage Pudding, but bake in a shallow pan 25 minutes. Very nice cut in squares and served with crushed and sugared strawberries or peaches. A cream sauce may be used to pour over.

Canada has the largest herd of pure bred buffalo left in the world, namely, nearly 600.

LUNCHEON ROLLS

½ cup Scalded Milk; 2 tablespoons Sugar; ¼ teaspoon Salt; ½ Yeast Cake dissolved in 2 tablespoons Lukewarm Water; 2 tablespoons Melted Butter; 1 Egg; a few gratings from Rind of Lemon; Flour.

Add sugar and salt to milk; when lukewarm add dissolved yeast cake and three-fourths cup of flour. Cover and let rise, then add butter and eggs well beaten, grated rind of lemon and enough flour to knead. Let rise again, roll to half inch thickness, shape and place in buttered pan close together, let rise again and bake.

That name "Nyal's" may not mean much to you but to most people it means that any packaged medicine with that name is sure to be as good as it can be made. It is worth while to feel that the medicine you take or give your family is the very best in quality and has always been found effective.

On July 15, 1907, at Fort Providence, on McKenzie River, 550 miles north of Edmonton, wheat was in milk, potatoes in flower, peas fit to use, tomatoes, turnips, rhubarb, beets, cabbage, onions and other garden vegetables. Strawberries had been ripe there for some time as well as currants and gooseberries.

Nyal's Pilo, the best Pile Remedy we ever sold.

Canada has the largest nickel mines in the world.

Latitude does not govern climate in Canada.

There are Bland's Pills of all kinds, and some are good. If you want to be sure, see that they are made by the New York & London Drug Company.

PARKER HOUSE ROLLS

2 cups Scalded Milk; 2 tablespoons Butter; 2 tablespoons Sugar; 1 teaspoon Salt; 1 Yeast Cake dissolved in ¼ cup Lukewarm Water; Flour.

Add butter, sugar and salt to milk; when lukewarm add dissolved yeast cake and three cups flour. Bake thoroughly, cover and let rise until light, cut down and add enough flour to knead (it will take about 2½ cups). Let it rise again, knead, pat and roll out to one-third inch in thickness. With the handle of a case knife dipped in flour brush over one-half of each piece with butter, fold and press edges together. Place in greased pan one inch apart, cover, let rise and bake in hot oven 12 to 15 minutes. As rolls rise they will part slightly, and if hastened in rising are apt to lose their shape.

This is the time of the year you ought to take something for your blood. Grandmother used to line us up and dose us with sulphur and molasses. Good, perhaps, but, oh, that taste!

Nyal's Blood Purifier is the good old German blood remedy, made more efficient and as palatable as scientific pharmacy can make it.

It is the very best thing we know, and we heartily recommend it.

You will feel a lot better after taking a course of it.

CARAMEL FROSTING

½ cup Butter; 2-3 cup Cream; 2-3 cup Granulated Maple Sugar; 1-1.3 cups Sugar. Mix ingredients and boil 13 minutes, and beat until of a good consistency to spread.

Nyal's Headache Cure gives prompt relief. In wafer form, clean, safe and sure.

Hudson's Bay Company is 243 years old (1667). It is Canada's oldest joint stock company.

IS YOUR BIRTHDAY IN MARCH?

Persons born in March are gifted in mechanics, literature, or dramatic art, have strong vitality and a keen appreciation of the beautiful, making excellent critics. Their chief fault is excessive modesty and they are apt to be too generous for their own good. The men succeed best in conservative investments but should carefully shun speculation. The women are natural home-makers. All these people should cultivate repose and overcome their innate restlessness. The birthstone is a Bloodstone. Motto: "Push Forward." Saturday is the "lucky day."

CORN CAKE

$\frac{3}{4}$ cup Corn Meal; $1\frac{1}{4}$ cups Flour; $\frac{1}{4}$ cup Sugar; 5 teaspoons Baking Powder; $\frac{1}{2}$ teaspoon Salt; 1 cup Milk; 1 Egg; 1 or 2 tablespoons Melted Butter.

Mix salt, baking powder, sugar, meal and flour in order named, and sift; add milk, egg well beaten and butter. Bake in shallow buttered pan in hot oven 20 minutes.

During the winter you are not so active as in the summer—your system gets sort of clogged—you breathe bad air—you eat too much, so that in the Spring you need something to renovate your system. You always clean house in the Spring. Your body needs house-cleaning, too.

Nyal's Spring Tonic is just the thing to put new spring and snap into your muscles, gives you an appetite and a vim that makes you fit and ready for the work of spring and summer.

LEMON FILLING

$\frac{1}{2}$ cup Lemon Juice; 1 teaspoon Butter; 1 Egg; 1 cup Sugar; $2\frac{1}{2}$ tablespoons Flour; Grated Rind 2 Lemons.

Mix sugar and flour, add grated rind and lemon juice, and egg slightly beaten. Melt butter in sauce pan, add mixture, and stir until boiling point is reached. Be careful that mixture does not adhere to bottom of pan. Cool before spreading.

EQUIVALENT DOSES

- 60 drops equal 1 teaspoonful or 1 dram
- 2 teaspoonfuls equal 1 dessertspoonful
- 2 dessertspoonfuls equal 1 tablespoon or $\frac{1}{2}$ oz.
- 4 tablespoonfuls equal 1 wineglassful.
- 2 wineglassfuls equal 1 teacupful.
- 2 teacups equal 1 tumblerful.

Give the Stock some of Nyal's Condition Powders and watch the difference in condition.

SOUR MILK GRIDDLE CAKES

$2\frac{1}{2}$ cups Flour; $\frac{1}{2}$ teaspoon Salt; 2 cups Sour Milk; $1\frac{1}{4}$ teaspoons Soda; 1 Egg.

Mix flour, salt and soda and sift, add sour milk and egg well beaten. Drop by spoonfuls on a hot griddle well greased. Cook on one side. When cooked on edges, turn and cook on other side. Best served with butter and maple syrup.

Don't blame your children if they contract "Boos" in the head from others. Use the fine comb to make sure and then get a bottle of Nyal's Larkspur Lotion. That will kill the vermin and the nits as well. Better look over your own head, too. Don't forget that Larkspur is poisonous internally, but does no harm to either hair or scalp. Let the children enjoy themselves.

PLAIN FROSTING

$\frac{3}{4}$ cup Confectioner's Sugar; 2 teaspoons Cold Water; $\frac{1}{2}$ teaspoon Vanilla or $\frac{1}{2}$ tablespoon Lemon Juice; White 1 Egg.

Beat white of egg until stiff, then add sugar and water. Add flavoring after it is well beaten. Spread with a broad-bladed knife.

First census taken in Canada in 1665.

Great Britain is Canada's best customer.

This is catarrh season, and the Canadian climate as a rule induces it.

You needn't suffer, though, for you can keep it in check and gradually get complete relief by using Nyal's Catarrh Remedy—an alkaline antiseptic douche and Nyal's Catarrhal Balm—in a tube with an elongated nasal tip. We don't know of anything better, and Catarrh is one thing that should not be neglected.

Canada was the first colony of Empire to have penny post.

IS YOUR BIRTHDAY IN APRIL?

Persons born in April have decided intellectual bent and are naturally good reasoners and logical thinkers. They have strong intellectual capacity, but many of them do not make good business partners on account of their headstrong and fickle tendencies. The men are generally successful in accumulating money. The women excel as teachers of music. Both are inclined towards extravagance in dress. Any tendency towards indecision of character should be overcome as it is disastrous to this type. The birthstone is the Diamond. Tuesday is the "lucky day." Motto: "Decide now."



MOON PHASES—EASTERN STANDARD TIME

D. H. M. D. H. M.
 F. O. 5 8 14 A.M. L. O. 21 4 23 A.M.
 F. M. 13 1 10 A.M. N. M. 28 1 24 A.M.
 For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

Weather Predictions. — 14, pleasant; 5-7, threatening; 8-11, stormy; 12-17, clear and fair; 18-21, cloudy and rain; 22-24, stormy; 25-28, warmer; 29-31, cloudy.

D	M	HISTORICAL EVENTS	Moon signs	Sun rises H. M.	Sun sets H. M.	Moon sets H. M.
1	M	St. Philip and St. James		4 57	6 58	10 55
2	T	First sod turned C.P.R., 1881		4 56	6 59	morn
3	W	Fleet ordered from Malta, '06		4 54	7 0	0 2
4	T	Anarchist Riot at Chicago, 1886		4 53	7 1	0 56
5	F	Exp. Transvaal gold mine, 1907		4 51	7 2	1 38
6	S	King Edward VII died, 1910		4 50	7 3	2 10

FOAMY SAUCE
 1 Egg; 2 tablespoons Wine; 1 cup Powdered Sugar; ½ cup Butter.
 Add sugar gradually to creamed butter; then egg well beaten and wine. Heat over hot water and beat it while heating.

19. 3RD SUNDAY AFTER EASTER. Day's Length, 14h. 15m.

7	S	Hon. Beck's Power Bill Intro.		4 49	7 4	2 36
8	M	Eruption of Mt. Pelee, 1902		4 48	7 6	2 59
9	T	Batoche taken, 1885		4 46	7 7	3 20
10	W	Henry M. Stanley died, 1904		4 45	7 8	3 39
11	T	Can. Northwest Rebellion, 1885		4 44	7 9	3 59
12	F	Gen. Roberts oc. Kronstadt, '00		4 43	7 10	4 21
13	S	Strike Longshoremont. 1907		4 42	7 11	rises

BOILED CUSTARD
 ½ cup Sugar; ¼ teaspoon Salt; 2 cups Scalded Milk; Yolks 3 Eggs; ½ teaspoon Vanilla.
 With eggs slightly beaten add sugar and salt, then add hot milk gradually and stir constantly. Cook in double boiler and stir until mixture thickens and when a coating is formed on the spoon strain immediately; chill and flavor. If cooked too long the custard will curdle.

20. 4TH SUNDAY AFTER EASTER. Day's Length, 14h. 31m.

14	S	Mafeking relieved, 1900		4 41	7 12	8 59
15	M	Riel captured, 1885		4 40	7 13	10 0
16	T	Vendome column destroyed, 1871		4 39	7 14	10 53
17	W	Alfonso XIII of Spain born, 1886		4 38	7 15	11 40
18	T	George Meredith died, 1909		4 37	7 16	morn
19	F	Hon. W. E. Gladstone died, 1898		4 36	7 17	0 19
20	S	Columbus died, 1506		4 35	7 18	0 52

COFFEE JELLY
 ½ cup Cold Water; 1 cup Boiling Water; ½ cup Sugar; 2 cups Boiled Coffee; ½ box Gelatine or 2 tablespoons Granulated Gelatine.
 Make the same as lemon jelly. Serve with cream and sugar.

21. ROGATION SUNDAY. Day's Length, 14h. 45m.

21	S	Balloon trip across Baltic, 1906		4 34	7 19	1 20
22	M	Victor Hugo died, 1885		4 33	7 20	1 44
23	T	Henrik Ibsen died, 1885		4 32	7 21	2 6
24	W	Victoria Day		4 31	7 22	2 28
25	T	Ascension Day		4 30	7 23	2 51
26	F	Earthquake in U.S., 1909		4 30	7 24	3 17
27	S	Russian Navy defeated, 1905		4 29	7 25	3 47

22. SUNDAY AFTER ASCENSION. Day's Length, 14h. 57m

28	S	1,650 houses burned Quebec, 1842		4 29	7 26	sets
29	M	Paris burned, 1871		4 28	7 27	9 44
30	T	Lord Roberts ent. Johan., 1900		4 27	7 27	10 46
31	W	Johnstown dis., 8,000 d., 1889		4 27	7 28	11 35

In the capture of high honors, the Rhodes scholars from our Canadian colleges are well to the front.

MAPLE SUGAR CANDY

$\frac{1}{4}$ cup Thin Cream; 1 pound Soft Maple Sugar; $\frac{1}{2}$ cup Boiling Water; 2-3 cup English Walnuts.

Break sugar in pieces and put in pan with cream and water. Boil until a soft ball is formed. Take from fire and beat until creamy; add nut meats and pour into a buttered tin. After it is cool mark in squares.

If you want a gentle laxative that will not fail you—that won't "wear out"—that is in convenient form, our advice is to get a small flask of Nyal's Cascara Laxatives. For women and children you will find Nyal's Laxative Fig Syrup a splendid remedy, purely vegetable and very gentle.

A little cloth bag of tartar emetic hung at the top of your screen door will keep the flies away.

The long sunlight of the Far North grows wheat that makes whiter flour and better bread than any other wheat in the world.

Most of us feel out of sorts at times. Temper bad, grouchy, and nothing looks quite as good as usual. We seldom suspect our digestion, but a few doses of Nyal's Digestive Tonic will soon convince you.

It is a regular cheer bringer, brightens up the landscape, puts you in good humor with everybody and gives you an appetite like a schoolboy. Always take it when recovering from an attack of indigestion.

Graham Bell invented the telephone at Brantford, in 1876, where the first actual long distance transmission of speech took place.

TO KILL DANDELIONS IN THE LAWN

These lawn decorations may be effectually killed when they are in the young and tender leaf.

Dissolve $1\frac{1}{2}$ lbs. of Sulphate of Iron in a gallon of water and spray with a fine spray.

If this is done with care, the porous leaves of the Dandelion or other weeds will absorb the iron and die, while the grass being less porous will not be harmed, though it may discolor for a few days. Experiment on a small patch and be careful not to overdo it.

Try it first with a weaker solution—soils differ.

Quebec is 302 years old, Montreal 268, Halifax 162, Toronto, 117, Victoria 65, Vancouver 29, Winnipeg 40.

Average tariff on dutiable articles entering U. S. from Canada is 49.83; entering Canada from U. S., 24.83 per cent.

Digestive disturbance may to some extent be avoided by better cooking, but certainly it does not strike two people alike. The chronic dyspeptic needs no description—the best we can do for him is careful diet and Nyal's Dyspepsia Tablets. They will provide an artificial process of digestion and gradually improve conditions.

Then there is the occasional dyspeptic. He has usually broken some well known law of diet.

Nyal's Dyspepsia Tablets will give prompt relief. It is wiser to take them when experience teaches you to expect an attack. They will digest anything.

IS YOUR BIRTHDAY IN MAY?

People born in May are brilliant, ambitious, original and strong characters, capable of conceiving daring plans and seeing that they are carried out but with no patience for details. The men excel in commercial work, particularly on a large scale, engineering projects, factory organization. The women are fairly successful composers of music, draw and paint well, are fine cooks. Concentration and attention to details should be developed to round out these characters. The birthstone is the Emerald. Wednesday is the "lucky day." Motto: "Opposition is Opportunity."



MOON PHASES—EASTERN STANDARD TIME

D. H. M. D. H. M.
 F. O. 3 5 4 P.M. L. O. 19 3 51 P.M.
 F. M. 11 4 51 P.M. N. M. 26 8 20 A.M.
 For Atlantic Time, add 1 hr. For Central Time, subtract
 1 hr. For Pacific Time, subtract 3 hrs. from the above.

D	M	W	HISTORICAL EVENTS	Moon signs	Sun rises H. M.	Sun sets H. M.	Moon sets H. M.
1	T		Hobson sinks Merrimac, 1898		4 26 7	29	morn
2	F		Peace declared in S. Africa, 1902		4 26 7	30	0 11
3	S		King George V born, 1865		4 25 7	30	0 39

23. PENTECOST—WHIT SUNDAY. Day's Length, 15h. 6m.

4	S		<i>Pentecost Sunday</i>		4 25 7	31	1 3
5	M		Oil City disaster, 1892		4 24 7	32	1 25
6	T		Hon. John Dryden born, 1840		4 24 7	33	1 45
7	W		Edwin Booth died, 1893		4 24 7	33	2 4
8	T		First Parliament at Ottawa, 1866		4 23 7	34	2 25
9	F		Chas. Dickens died, 1870		4 23 7	35	2 50
10	S		Str. Slavonia wrecked, 1909		4 23 7	35	3 17

24. TRINITY SUNDAY. Day's Length, 15h. 14m.

11	S		<i>Trinity Sunday. St. Barnabas</i>		4 22 7	36	rises
12	M		New York incorporated, 1665		4 22 7	36	8 48
13	T		Harriet B. Stowe born, 1812		4 22 7	37	9 38
14	W		Pres. Penna. of Brazil died, 1909		4 22 7	37	10 19
15	T		<i>Corpus Christi</i>		4 22 7	38	10 53
16	F		Gen. Bobrikoff shot, 1904		4 22 7	38	11 22
17	S		Floods in Southern China, '06		4 22 7	38	11 47

25. 1ST SUNDAY AFTER TRINITY. Day's Length, 15h. 17m.

18	S		Battle of Waterloo, 1815		4 22 7	39	morn
19	M		Cardinal Vaughan died, 1903		4 22 7	39	0 9
20	T		Queen Victoria Coronation, 1837		4 23 7	39	0 30
21	W		Summer begins		4 23 7	40	0 51
22	T		Diamond Jubilee, 1897		4 23 7	40	1 15
23	F		Powder Exp. Brownsburg, '06		4 23 7	40	1 43
24	S		<i>St. John Baptist</i>		4 23 7	40	2 17

26. 2ND SUNDAY AFTER TRINITY. Day's Length, 15h. 16m.

25	S		Quebec incorporated, 1840		4 24 7	40	3 0
25	M		Coron. King Edward VII, 1902		4 24 7	40	sets
27	T		Cornelius Vanderbilt born, 1794		4 24 7	40	9 24
28	W		Great Fire Quebec, 1845		4 25 7	40	10 7
29	T		<i>St. Peter and St. Paul</i>		4 25 7	40	10 40
30	F		German-Lloyd Fire, 1900		4 25 7	40	11 6

Weather Predictions. — 1-3, rain; 4-7, warmer; 8-13, pleasant; 14-17, partly cloudy; 18-21, rain; 22-25, clear and fair; 26-28, showers; 29-30, clear and warm.

PRUNE WHIP

½ cup Sugar; ½ tablespoon Lemon Juice; 1-3 pound Prunes; Whites 5 Eggs.

Have prunes washed and picked over, soak several hours in cold water, then cook in same water until soft. Then take stones out and rub through a strainer; add sugar and cook 5 minutes. The mixture should be as thick as marmalade. After whites of eggs are beaten stiffly, gradually add prune mixture, when cold, add lemon juice; put in a pudding dish and bake in a slow oven 20 minutes. Best served cold with boiled custard.

SOUR MILK GINGERBREAD

¼ cup Melted Butter; 2-3 cups Flour; 1 cup Sour Milk; 1 cup Molasses; ½ teaspoon Salt; 2 teaspoons Ginger; 1½ teaspoons Soda.

Mix sour milk and soda and add to molasses; after sifting together the dry ingredients, combine the mixtures, then add butter and bake well. Pour into shallow pan well buttered and bake in a moderate oven 25 minutes.

Canada has more than one-half of the fresh water area of the globe.

BOUILLON

2½ pounds Lean Beef from middle of round; 1 pound Marrow Bone; ½ quarts Cold Water; ½ teaspoon Peppercorns; 1 teaspoon Salt; Carrot, Turnip, Onion, Celery ½ cup each cut in dice.

Wipe and cut meat in inch cubes. Put 2-3 meat in soup kettle and soak in water 30 minutes. Brown remainder in hot frying pan with marrow from the marrow bones. Put browned meat, bones and marrow in kettle, heat to boiling point, skim thoroughly and simmer slowly for five hours. Add seasonings and vegetables, cook one hour, strain and cool. Serve clear in bouillon cups.

You can't safely keep house without a real good salve, and Nyal's is the best one we know of.

"There is land enough in Western Canada if filled, to feed every mouth in Europe."—J. J. Hill.

To clean Smyrna rugs, brush through the velvet surface, a mixture of coarse salt and corn meal, slightly dampened. Brush as if scrubbing, then sweep with a clean broom.

Oh, those freckles! Aren't they frightful! Don't worry or wear a veil. Use Nyal's Freckle Lotion.

Word "Canada" first recorded by Cartier—1536—1537.

Canada has had 114 Governors-General, 1534-1910. 11 general elections since Confederation. 6 Premiers of Canada and 8 Cabinets since then.

Don't cry over pimples and don't blame it on Providence. Your blood may not be bad—just too rich and too much of it. Nyal's Blood Purifier will fix up your blood.

TOMATO SOUP WITH STOCK

1 quart Brown Soup Stock; 1 can Tomatoes; ½ teaspoon Peppercorns; 1 small Bay Leaf; 3 Cloves; 3 sprigs Thyme; 4 tablespoons Butter; 1-3 cup Flour; Onion, Carrot, Celery, Raw Ham, ½ cup each, cut in small cubes; Salt and Pepper.

Cook vegetables and ham in butter five minutes, add flour, peppercorns, bay leaf, cloves and thyme and cook three minutes; then add tomatoes and cook slowly one hour. Rub through a strainer, add hot stock and season with salt and pepper.

Don't growl about the mosquitoes. Pour some kerosene on the top of any stagnant water where they breed in your neighborhood. That will stop that particular supply. Mosquitoes breed and carry disease, such as fevers. Gets into your blood.

Nyal's Mosquito Lotion will keep them away from you. They detest it. Rub it on the exposed parts and put some on your hair. Effect lasts a few hours, then use some more.

"Canadians are the lowest taxed people in the civilized world."—Hon. James McMullen.

Let others experiment—you use Nyal's Laxacold. It will cure your cold in 24 hours, and there is no quinine in it to make your head ring.

Canada has 120 species of native trees.

Canada is the paramount country in the world in the area of its unoccupied fertile soil.

If you don't feel up to your best, perhaps Nyal's Spring Tonic is just what you need. It is a great bracer and invigorator.

IS YOUR BIRTHDAY IN JUNE?

Persons born in June are inclined towards science, literature or religion, are fond of travel, are nervous, restless, dissatisfied but kind and sympathetic. The men make good physicians, clergymen or newspaper writers and the women are likely to do well as nurses, writers or chemists. They need to cultivate cheerfulness, patience and concentration and to develop their natural gifts to the fullest extent, for these are extraordinary. The birthstone for this month is Chalcedony or Agate. Motto: "Keep at it." Friday is the "lucky day."

Lowest Price May not Mean the Best Value

One tooth brush or hair brush may look pretty much like another and yet not be worth one-third or one-quarter as much.

We Know Brush Values

We know also that a well-made tooth brush at fifty cents, is better value than three not so well made that may sell at 25 cents, and we know that a tooth brush made to sell for less than a quarter is practically unfit for use.

The same applies to hair brushes. We have sold good French and English hair brushes that are almost as good as new after many years satisfactory, steady use.

The average cheaply made hair brush soon becomes a source of annoyance.

It pays to buy good goods.

CHICKEN SOUP

6 cups White Stock (the water in which the chicken is cooked); 1 tablespoon finely chopped Raw Lean Ham; 6 slices Cubed Carrots; 1 1/3 cup hot Boiled Rice; 1/2 Bay Leaf; 1/2 teaspoon Peppercorns; 1 Sliced Onion; 2 stalks Celery.

Add seasonings to stock, heat gradually to boiling point and boil 30 minutes; add rice after straining.

Canada has the largest pulpwood areas in the world.

Canada's forestry department has distributed nearly 10 million trees to settlers.

The first electric street railway in America in commercial operation was operated in Windsor, Ontario, in 1887.

CHEESE AND ANCHOVY SANDWICHES

Cream 2 tablespoons butter and add to this 1/4 cup grated Young American Cheese and one teaspoon vinegar. Season with salt, mustard and paprika and Anchovy essence. Spread mixture between thin slices of bread.

Nyal's Death to Rats is better than traps.

CHOCOLATE FILLING

3 tablespoons Milk; 1/2 teaspoon Vanilla; Yolk 1 Egg; 1 cup Powdered Sugar; 2 1/2 squares Chocolate.

Melt chocolate over hot water, add milk and one-half the sugar, and yolk of egg, then put in double boiler and cook until it thickens. Stir well so that mixture will be smooth. Cool slightly so that it spreads better and flavor and spread.

Canada has over 40 countries and nationalities represented in her population.

Canada has more than one-half of the white population of all Britain's colonies.

CREAM MAPLE SUGAR FROSTING

1 cup Cream; 1 pound Soft Maple Sugar. Break the sugar in small pieces and put this in the sauce pan with cream and stir until sugar is dissolved. Keep at boiling point until a ball can be formed when the mixture is tried in cold water. Then beat until it is of the right thickness to spread.

First newspaper published in British North America was the Halifax Gazette, March 23, 1752.

First French newspaper—Le Canadien Nov. 22, 1806.

CREAM OF CELERY SOUP

2 cups White Stock (the water in which the chicken is cooked); 3 cups Celery, in inch cubes; 2 tablespoons Butter; 1 slice Onion; 2 cups Boiling Water; 1 cup Cream; 2 cups Milk; 3 tablespoons Flour; Salt and Pepper.

Parboil celery in water 10 minutes; after draining add stock, cook until celery is soft, then rub through sieve. Scald onion in milk, then remove it and add milk to stock; bind, then add cream and season with pepper and salt.

FACTS ABOUT CANADA

1497—June 24. Canada discovered by Sebastian Cabot.

1754—Halifax founded by British.

1759—Conquest of New France by British forces under Wolfe.

1763—By treaty of Paris, all of Canada became British territory.

1791—Upper and Lower Canada formed.

1841—Upper and Lower Canada joined under Union Act.

1869—Territorial rights of Hudson's Bay Company purchased.

1870—Manitoba formed and admitted to the Dominion.

1871—British Columbia admitted to the Dominion.

1873—Prince Edward Island admitted to the Dominion.

1905—Alberta and Saskatchewan formed.

Ontario has produced 50 millions of nickel since 1882.

Canada has 100,000 square miles of coal-bearing lands.

It is estimated that 100 millions of U. S. capital is invested in Canada.

Toronto founded as a French trading post, 1749. Chosen as Provincial capital, 1792.

Annapolis, N. S., is the oldest European settlement in America north of St. Augustine.

Canada has a waterway of 2,381 miles—from mouth of the St. Lawrence to head of Lake Superior.

Lord Strathcona: "At the end of the 20th century Canada will have a population twice as large as that of the British Isles."

You Cannot Tell From the Outside

There is no line of merchandise where you can judge so little of the real value from appearance.

That is why we feel it is our duty to protect you wherever our technical knowledge is of value to you.

In Packaged Medicine

you can only know after use, and often the medicine has not been the real cause of improvement noticed.

We will not recommend any medicine to you unless we know the formula and have confidence in the makers.

Your butcher should know meat, your hardware man his own line, and we have spent years acquiring pharmaceutical knowledge.

It pays you to avail yourself of our expert advice, which is always at your service.



MOON PHASES—EASTERN STANDARD TIME

D. H. M. D. H. M.
 F. O. 3 4 20 A.M. L. O. 19 0 31 A.M.
 F. M. 11 7 53 A.M. N. M. 25 3 12 P.M.
 For Atlantic Time, add 1 hr. For Central Time, subtract
 1 hr. For Pacific Time, subtract 3 hrs. from the above.

D	M	W	HISTORICAL EVENTS	Moon signs	Sun rises H. M.	Sun sets H. M.	Moon sets H. M.
1	S		Dominion Day, 44 years		4 26	7 40	11 29
27. 3RD SUNDAY AFTER TRINITY. Day's Length, 15h. 14m.							
2	S		Pres. Garfield shot, 1881		4 26	7 40	11 50
3	M		Cervera's fleet destroyed, 1898		4 27	7 40	morn
4	T		Independence Day		4 27	7 40	0 10
5	W		Venezuela independent, 1811		4 28	7 40	0 31
6	T		Cromwell's first Parliament, 1653		4 29	7 40	0 53
7	F		British occupy Bethlehem, 1900		4 29	7 40	1 19
8	S		Great fire in Boston, 1908		4 30	7 39	1 51
28. 4TH SUNDAY AFTER TRINITY. Day's Length, 15h. 9m.							
9	S		York made Cap. of Up. Can., 1793		4 30	7 39	2 29
10	M		Gibraltar captured, 1703		4 31	7 38	3 14
11	T		Turkish troops in Armenia, 1906		4 32	7 38	rises
12	W		Orangeman's Day		4 33	7 38	8 56
13	T		Richard Cromwell died, 1712		4 33	7 37	9 26
14	F		Paul Kruger died, 1904		4 34	7 37	9 52
15	S		Manitoba enters Confedtn., 1870		4 35	7 36	10 15
29. 5TH SUNDAY AFTER TRINITY. Day's Length, 14h. 59m.							
16	S		Reid Crys. Hall dis., Lon., Ont. '07		4 36	7 35	10 35
17	M		Lachine Canal begun, 1821		4 36	7 35	10 55
18	T		Battle Blackburn's Ford, 1861		4 37	7 34	11 17
19	W		Quebec Tercentenary, 1908		4 38	7 34	11 42
20	T		British Col. enters Conf., 1871		4 39	7 33	morn
21	F		Bob Ingersoll died, 1899		4 40	7 32	0 12
22	S		Straford incorp. as City, 1885		4 41	7 31	0 50
30. 6TH SUNDAY AFTER TRINITY. Day's Length, 14h. 48m.							
23	S		Forest fires at Fernie		4 42	7 30	1 39
24	M		Battle of Niagara, 1813		4 43	7 29	2 42
25	T		St. James		4 44	7 29	sets
26	W		First P.O. in America, 1775		4 45	7 28	8 35
27	T		Nelson's flags sold, 1907		4 46	7 27	9 4
28	F		Atlantic cable laid, 1866		4 47	7 26	9 29
29	S		Hon. John Dryden died, 1909		4 48	7 25	9 52
31. 7TH SUNDAY AFTER TRINITY. Day's Length, 14h. 35m.							
30	S		Earthquake in Mexico, 1909		4 49	7 24	10 13
31	M		Archbishop Walsh died, 1898		4 50	7 23	10 34

Weather Predictions. — 1-4, hot; 5-8, cloudy and rain; 9-13, pleasant; 14-18, warmer; 19-21, sultry; 22-25, cloudy and showers; 26-28, fair; 29-31, very warm.

SNOW PUDDING

1 cup Boiling Water; 1 cup Sugar; ½ cup Lemon Juice; Whites 3 Eggs; ¼ cup Cold Water; ½ box Gelatine or 1 tablespoon Granulated Gelatine.

Have gelatine soaked in cold water, then dissolve in boiling water; then add lemon juice and sugar and strain, then cool. Stir mixture and when thick beat until frothy. Next add whites of eggs beaten stiffly enough to hold its shape. By coloring half the mixture with fruit red makes a very attractive dish. Pile by spoonfuls on a glass dish or put in a mould. Best served with cold or boiled custard.

SPICE COOKIES

1 tablespoon Milk; 1½ tablespoons Lard; 1½ tablespoons Butter; ½ cup Sugar; ½ cup Molasses; 2 cups Flour; ½ teaspoon Nutmeg; ½ teaspoon Cinnamon; ½ teaspoon Cloves; ½ teaspoon Salt; ½ teaspoon Soda.

After heating molasses to boiling point add shortening, sugar and milk. Then mix dry ingredients, sift and add to first mixture. After chilling, prepare the same as you would ginger snaps.

BAKED BEAN SOUP

1½ cups cold Baked Beans; 1 stalk Celery; 1 slice Onion; small cup Tomatoes cooked and strained; 1½ pints Cold Water; tablespoon each Butter and Flour; 1 teaspoonful Chili Sauce; Salt and Pepper.

Put into sauce pan the beans, water and celery and after bringing to the boiling point simmer for one-half hour, strain through a sieve, add tomato and Chili Sauce, salt and pepper, thicken with butter and flour, and serve with crackers.

The hot sun and strong wind make many good looking women look a lot older than they are.

No occasion for it.

Nyal's Face Cream will give new life to the skin of face, neck and hands.

Keeps the pores open and the oxygen in it gives that youthful look to the skin.

Some women look nearer twenty than forty, simply because they take care of their skin.

Nakinu Caves are near Glacier, B. C. These immense caverns, formed by water erosion, are claimed by scientists to be 38,400 years old.

Always have Nyal's Wild Strawberry Compound handy during the hot weather.

Attacks of summer complaint give but little warning.

From one place near Field, B. C., over 70 glaciers can be counted.

Quebec's birth rate (1901 census) 36.83 per 1000. For all Canada 28.80.

Dust and wind are bad for the eyes. A tiny cinder while travelling inflicts endless pain and inconvenience.

Nyal's Eye Water is a handy package with a good dropper. It relieves at once.

"THE TYPHOID FLY."

Flies are not only annoying, but really dangerous. They travel direct from disease breeding spots and plant their dirty feet upon your food.

From the garbage heap to your table; from the cesspool to the children's milk; it is simply appalling.

Cultures made from fly tracks on Gelatin have shown the germs from about all the communicable diseases.

Typhoid is one of the diseases most frequently carried by flies.

Screening is inexpensive. It is not a fad, but a vital necessity, but you cannot keep them all out.

Sticky fly paper catches a few—but many—but Nyal's Death to Flies will rid a room absolutely. Simply darken the room with the exception of one small space where the sun shines in. Every fly will seek that spot. Place a few disks on plates and nicely cover them with water. After a little you can sweep them all out.

First cable message sent by Queen Victoria, August 5, 1858, Ireland to Newfoundland.

There's a lot of very doubtful talcum used—more perfume than purity. Better be sure about the quality. Nyal's has the highest of quality with a most pleasing but not vulgar odor.

Three artistic tins in Rose and Violet odor as well as a Flesh Color.

Lower Canada (Quebec) established in 1791; united to Upper Canada, 1841-1867.

The Grand Trunk Pacific is the only mountain railway in all America with no mountain grade.

IS YOUR BIRTHDAY IN JULY?

July people are capable of big things, masterful in manner, proud and sensitive. The men lean towards great constructive enterprises, architecture, engineering, factory management. The women make good writers and public speakers. They are generous, sometimes self-important, quick to resent, criticize, and may be vindictive. They should overcome their tendency to jealousy and try to control their strong dislikes. The birthstone for this month is Ruby. Motto: "Know thyself." Monday is the "lucky day."



MOON PHASES—EASTERN STANDARD TIME

D. H. M. D. H. M. D. H. M.
 F. Q. 1 6 29 P.M. L. Q. 17 7 11 A.M. F. Q. 31 11 21 A.M.
 F. M. 9 9 55 P.M. N. M. 23 11 14 P.M.

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

D	M	HISTORICAL EVENTS	Moon signs	Sun rises H. M.	Sun sets H. M.	Moon sets H. M.
1	T	Japan declared war, 1894		4 51	7 21	10 55
2	W	Victoria incorporated, 1862		4 52	7 20	11 20
3	T	Standard Oil Co. fined, 1907		4 53	7 19	11 50
4	F	Gen. Macdonald cap. Harrismith		4 54	7 17	morn
5	S	First par. post to England, 1886		4 55	7 16	0 26

Weather Predictions. — 1-2, sultry; 3-6, cloudy and showers; 7-11, fair; 12-16, warm; 17-18, rain; 19-24, clear and warm; 25-29, hot and sultry; 30-31, showers.

HERMITS

1½ cups Flour; 2 teaspoons Baking Powder; 2 table-spoons Milk; 1 Egg; 2-3 cup Sugar; 1-3 cup Butter; 1-3 cup Raisins, stoned and cut in small pieces; 1 teaspoon Nutmeg; ¼ teaspoon Mace; ¼ teaspoon Cloves; ½ teaspoon Cinnamon.

Cream butter and add egg well beaten, raisins and milk. Mix and sift the dry ingredients and add to the first mixture. Roll the mixture about ¼ inch in thickness.

BOSTON COOKIES

¾ cups Flour; 1½ table-spoons Hot Water; 1 teaspoon Soda; 3 Eggs; 1½ cups Sugar; 1 cup Butter; ½ teaspoon Salt; 1 teaspoon Cinnamon; ½ cup Raisins, seeded and chopped; ½ cup Currants; 1 cup Chopped Nut Meat, English Walnut or Hickory.

Cream the butter and gradually add the sugar and well beaten egg. Dissolve soda in hot water and add. Mix and sift half the flour with the salt and cinnamon; then add nut meat and fruit and remaining flour. Butter a sheet of paper and drop the mixture on it, and bake in a moderate oven.

First Roman Catholic Bishop, M. de Laval, 1659.

32. 8TH SUNDAY AFTER TRINITY. Day's Length, 14h. 19m.

6	S	Toronto ferry docks burned, 1907		4 56	7 15	1 9
7	M	Corinthian ship canal op'd, 1893		4 57	7 14	2 0
8	T	Stanley at Congo River, 1877		4 58	7 12	2 59
9	W	Captain Marryat died, 1881		4 59	7 11	rises
10	T	Wellington enters Madrid		5 0	7 10	7 56
11	F	Cardinal Newman died, 1890		5 1	7 8	8 19
12	S	J. Russell Lowell died, 1891		5 2	7 7	8 40

33. 9TH SUNDAY AFTER TRINITY. Day's Length, 14h. 3m.

13	S	Florence Nightingale died, 1910		5 3	7 6	9 1
14	M	Jeffries defeated Corbett, 1903		5 4	7 4	9 22
15	T	Napoleon I born, 1769		5 5	7 3	9 45
16	W	Brock captures Detroit, 1812		5 6	7 1	10 13
17	T	Earthquake at Chili, 1906		5 7	7 0	10 47
18	F	Hon. W. D. Balfour died, 1896		5 8	6 58	11 30
19	S	River St. Lawrence discov., 1535		5 9	6 57	morn

34. 10TH SUNDAY AFTER TRINITY. Day's Length, 13h. 44m.

20	S	Tsing Tau Mine disaster, 1907		5 11	6 55	0 25
21	M	Fire at Haileybury, 1906		5 12	6 54	1 33
22	T	Lord Salisbury died, 1903		5 13	6 52	2 50
23	W	Commodore Perry died, 1820		5 14	6 51	sets
24	T	St. Bartholomew		5 15	6 49	7 30
25	F	Allen Pinkerton (detect.) b., 1819		5 16	6 48	7 53
26	S	Prince Albert born, 1819		5 17	6 46	8 14

35. 11TH SUNDAY AFTER TRINITY. Day's Length, 13h. 26m.

27	S	Trouble in Persia, 1906		5 18	6 44	8 35
28	M	Destructive floods in Mexico, '09		5 19	6 43	8 57
29	T	St. Lawrence bridge disaster, '07		5 20	6 41	9 21
30	W	Richard Mansfield died, 1907		5 21	6 39	9 49
31	T	Anglo-Russian Agreement, 1907		5 22	6 38	10 22

CELERY SOUP

3 cups Celery, (cut in small pieces); 2½ cups Milk; 1 pint Boiling Water; 1 slice Onion; 3 tablespoons Butter; 4 tablespoons Flour; Salt and Pepper.

Cook the celery in boiling water until soft, then rub through a sieve, and add the milk which has been scalded together with the onion, thicken with flour and butter cooked together and season.

Hot weather is hard on the feet and many a holiday has been spoiled by tired and sore feet.

Eas'em is one of the very best things you can use. It prevents perspiration and friction, saves the sox and prevents the leather from rotting.

If your corns trouble you, we would suggest one of the Nyal Corn remedies. They are all good—a salve, a liquid and a plastic gum. It is merely a choice of what form you prefer.

Canada supplies Great Britain with 80 per cent. of her cheese imports.

Canada's railway mileage per head of population is greater than that of any other country.

"The nation of Canada is growing up from seed gathered from all parts of the earth."—Lord Milner.

When packing your grip for your holiday, see that you have a box of Nyal's Talcum, your favorite odor, and a jar of Nyal's Face Cream for sunburn.

If you are going to rough it, better have a box of Nyal's Salve—it will likely come in handy. Many sensible people carry a flask of Nyal's Cascara Laxatives with them on their travels—one man says that's the only flask he needs even on a fishing trip.

ONIONS IN CREAM

Prepare and then boil onions. Change water twice during boiling. Drain and cover with thin White Sauce. Sometimes cream is used to cover them.

A good many people need Cod Liver Oil during the warm weather, but cannot tolerate it. With lowered vitality this flesh and strength producer is essential. You get it and more in Nyal's Cod Liver Compound. Anyone can retain it and even children like it. It is one of the very best re-building tonics made.

LEMON SAUCE

1 tablespoon Lemon Juice; 2 teaspoons Butter; ½ cup Sugar; ½ cup Water.

Boil sugar and water 8 minutes until like a syrup; then take from fire and add lemon juice and butter.

Babies do suffer a great deal in summer from stomach trouble. If their bowel action gets disturbed a trifle, the hot weather aggravates the trouble. It is dangerous to give them strong medicine, and it requires very little of the right thing to correct and bring relief.

Nyal's Laxena in liquid form and Nyal's Baby Tablets have proved not only safe but most comforting to the babies. Nothing harmful—no dope—just a gentle, corrective, comforting medicine that regulates either constipation or diarrhoea.

Keep a baby's bowels and digestion right and you will have no trouble with them. All they need is food, fresh air and sleep.

First railway motor car, C. P. R., Montreal, May 8, 1906.

Canada has the most extensive fisheries in the world.

IS YOUR BIRTHDAY IN AUGUST?

People born in August have strong individuality, high ideals, are emotional and are guided more by their often correct intuition than by their reason. They plan well but execution is best left to others. The men are adapted to positions of trust, also succeed in retail business. The women are of domestic tastes, fond of their children and best adapted to home life. These people are likely to talk too much for their own good. They should overcome this, and seek responsibility, as it develops them. The August birthstone is the Sardonyx or Carnelian. Motto: "Plan—and Act." Sunday is the "lucky day."



MOON PHASES—EASTERN STANDARD TIME

D. H. M. D. H. M.
 P. M. 8 10 57 A.M. N. M. 22 9 37 A.M.
 L. Q. 15 0 51 P.M. F. Q. 30 6 8 A.M.

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

Weather Predictions. — 1-4, cloudy; 5-6, light rain; 7-12, clear and fair; 13-16, partly cloudy; 17-20, rain; 21-24, clear and cool; 25-27, light frost; 28-30, warmer.

D	D	HISTORICAL EVENTS	Moon	Sun	Sun	Moon
M	W		signs	rises	sets	sets
			H M	H M	H M	H M
1	F	Napoleon III surrendered. 1870		5 23	6 36	11 2
2	S	Attack upon Jews, Odessa, 1907		5 24	6 34	11 51

36. 12TH SUNDAY AFTER TRINITY. Day's Length, 13h. 8m.

3	S	2nd Eruption of Mt. Pelee, 1902		5 25	6 33	morn
4	M	Republic proclaimed at Paris, '70		5 26	6 31	0 47
5	T	Portsmouth Treaty signed, 1905		5 27	6 29	1 50
6	W	Pres. McKinley shot, 1901		5 28	6 28	2 57
7	T	Allies sailed, Crimea, 1854		5 29	6 26	4 5
8	F	Chinese driven from Vancvr., '07		5 30	6 24	rises
9	S	E. H. Harriman died, 1909		5 32	6 23	7 6

37. 13TH SUNDAY AFTER TRINITY. Day's Length, 12h. 48m.

10	S	Gold discovered in California, '47		5 33	6 21	7 28
11	M	Yonge St. Ry., Toronto, 1861		5 34	6 19	7 50
12	T	Kruger leaves Africa, 1900		5 35	6 17	8 16
13	W	Wolfe captures Quebec, 1759		5 36	6 16	8 47
14	T	Pres. McKinley died, 1901		5 37	6 14	9 27
15	F	Egyptian war ends, 1888		5 38	6 12	10 18
16	S	Moscow burned, 1812		5 39	6 10	11 20

38. 14TH SUNDAY AFTER TRINITY. Day's Length, 12h. 29m.

17	S	Mount Cenis tunnel opened 1841		5 40	6 9	morn
18	M	Hong Kong Typhoon, 1906		5 41	6 7	0 31
19	T	St. Clair tunnel opened, 1891		5 42	6 5	1 48
20	W	Battle of Alma, 1854		5 43	6 3	3 7
21	T	St. Matthew		5 44	6 2	4 22
22	F	Hon. J. M. Gibson, Lt.-G. Ont., '08		5 45	6 0	sets
23	S	Autumn begins.		5 47	5 58	6 36

39. 15TH SUNDAY AFTER TRINITY. Day's Length, 12h. 8m.

24	S	Antwerp strike ended, 1907		5 48	5 56	6 58
25	M	Hudson-Fulton Fete, 1909		5 49	5 54	7 21
26	T	Earl Grey app. Gov.-Gen., 1904		5 50	5 52	7 47
27	W	Nelson born, 1758		5 51	5 51	8 18
28	T	Queen Louise, Denmark, d., 1898		5 52	5 49	8 55
29	F	Michaelmas Day		5 53	5 47	9 41
30	S	Lord Roberts born, 1832		5 54	5 45	10 35

NUT MACAROONS

1 cup Brown Sugar; 1 cup Pecans; 1/4 teaspoon Salt; White 1 Egg.

Add white of egg when beaten slightly and then add sugar, still beating constantly. Finely chop nut meats and sprinkle with salt. Drop from tip of spoon on an unbuttered sheet one inch apart and bake until delicately browned in a moderate oven.

BROWNIES

1 Egg unbeaten; 2 squares Baker's Chocolate (melted); 1 cup Melted Butter; 1 cup Sugar; 3/4 teaspoon Vanilla; 1/2 cup Flour; 1/2 cup Walnuts, meats cut in small pieces.

Mix sugar, butter, egg, chocolate, vanilla, flour and nuts. Line a pan about 7 inches square with paraffine paper and spread mixture in pan and bake in a slow oven. Take out of pan as soon as they are done, remove from paper and cut in strips by using a sharp knife.

Canada has the largest grain elevator in the world at Port Arthur — capacity seven million bushels.

Canada has the richest silver deposits in the world at Cobalt.

SALMON SOUP

1-3 can Salmon; 1 quart Milk (scalded); 4 tablespoons Flour; 2 tablespoons Butter; Salt and Pepper to taste.

Free the salmon from all skin, bones and oil and rub through a strainer, add milk gradually, thicken with butter and flour.

Most people today will tell you that Beef, Iron and Wine isn't any good any more. The people who use Nyal's don't say so.

COTTAGE PIE

Take a small baking dish, grease and cover the bottom with a layer of hot mashed potato, next add a deep layer of chopped roast beef well seasoned with some gravy. The top crust is made with a thin layer of mashed potato. Put in a hot oven and bake until thoroughly heated.

If you need something handy for hoarseness and irritation, try Nyal's Bronchials.

Canada's first telegraph line built in 1846, between Toronto and Niagara.

First cable message, Canada-Australia, October 31, 1902.

England buys $8\frac{1}{2}$ per cent. of Canada's Bonds; Canada $12\frac{1}{2}$ per cent.; United States, $3\frac{1}{4}$ per cent.

Any grown man or woman who hasn't eaten green apples when a youngster has missed one of the privileges of youth. Sometimes green apples are all right but when they do cause all kinds of trouble the safest thing to use is Nyal's Wild Strawberry Compound. It heals the bowels and checks the diarrhoea, dysentery, etc., but does it so gently there is no after constipation.

Comes in liquid as well as tablet form.

BEEF STEW WITH DUMPLINGS

Cut from round of Beef 5 pounds; 4 cups Potatoes—cut in dice; 2-3 cup Turnip; 2-3 cup Carrot, cut in small cubes; $\frac{1}{2}$ Onion, sliced very thin; 4 tablespoons Flour; Salt and Pepper to taste.

Cut the meat from the bone into small cubes, sprinkle with salt, pepper and flour and put into a frying pan, in which the fat pieces have been fried out; cook quickly until well browned, then turn into a deep kettle, cover with boiling water and boil 5 minutes, simmer slowly about 3 hours; when nearly done add vegetables and seasonings; skim any fat that may rise and thicken with the flour mixed with cold water to the consistency of cream. Serve on a hot dish with dumplings.

Few people realize how much depends upon steady and faithful work by their kidneys. When they go wrong, the liver, heart, blood, nerves and muscles are all indirectly affected. Slight disorders are not dangerous, but continued neglect is most serious.

Nyal's Stone Root Compound is the best thing we have ever known and heartily recommend it for any form of kidney trouble that has not reached the incurable stages. Even then it gives a wonderful degree of comfort and relief.

Canada has the largest white pine areas in America.

Nyal's Camphor Ice is a good thing for Chapped Hands, rough skin, etc. Handy package and not so "mussy" as most.

Atlantic cable first laid to Canada, August 5, 1868.

We have plenty of Pile remedies, but Nyal's Pilo beats them all. Absorbs the tumors and stops itching and pain.

IS YOUR BIRTHDAY IN SEPTEMBER?

September people are orderly, systematic, give close attention to details and are more intellectual than emotional. However, they are usually kind-hearted and fairly generous. The men succeed as chemists, teachers, musician and newspaper writers. Practically the same avenues are open to women. These people are critical and exacting. They should develop their individuality, cultivate tolerance and shun selfishness. They sometimes develop slowly yet middle life finds them with substantial achievements. The September birthstone is the Sapphire. Motto: "Patience, Persistence and Personality." Wednesday is the "lucky day."



MOON PHASES—EASTERN STANDARD TIME

D. H. M. D. H. M.
 F. M. 7 11 11 P.M. N. M. 21 11 9 P.M.
 L. O. 14 6 46 P.M. F. O. 30 1 41 A.M.
 For Atlantic Time, add 1 hr. For Central Time, subtract
 1 hr. For Pacific Time, subtract 3 hrs. from the above.

D	D	M	W	HISTORICAL EVENTS	Moon signs	Sun	Sun	Moon
						rises	sets	sets
						H. M.	H. M.	H. M.
40. 16TH SUNDAY AFTER TRINITY. Day's Length, 11h. 49m.								
1	S			Earthquake in Ind. O., 1906	♋	5 55	5 44	11 35
2	M			First railroad in U.S., 1833	♋	5 56	5 42	morn
3	T			Russian-Jap. treat. concluded, '07	♋	5 57	5 40	0 39
4	W			Bartholdi died, 1904	♋	5 58	5 38	1 46
5	T			Fisheries settle'm't with U.S., '06	♋	6 05	5 37	2 54
6	F			Bulgaria independent, 1908	♋	6 15	5 35	4 4
7	S			Battle of Stillwater, 1877	♋	6 25	5 34	5 14
41. 17TH SUNDAY AFTER TRINITY. Day's Length, 11h. 29m.								
8	S			Great fire in Chicago, 1871	♋	6 35	5 32	rises
9	M			G. Verdi, composer, born, 1813	♋	6 45	5 30	6 17
10	T			Ex. Pres. Kruger born, 1825	♋	6 55	5 28	6 47
11	W			Boer War begun, 1899	♋	6 65	5 27	7 25
12	T			Columbus discov. America, 1492	♋	6 75	5 25	8 13
13	F			Sir Henry Irving died, 1905	♋	6 95	5 24	9 13
14	S			Mar. of Lorne, G.-Gen. Can., 1878	♋	6 105	5 22	10 22
42. 18TH SUNDAY AFTER TRINITY. Day's Length, 11h. 9m.								
15	S			Napoleon ar. at St. Helena, 1815	♋	6 115	5 20	11 36
16	M			M. Antoinette guillotined, 1793	♋	6 125	5 18	morn
17	T			Trans. wireless telegraph, 1907	♋	6 135	5 17	0 52
18	W			St. Luke, Evangelist	♋	6 155	5 15	2 7
19	T			Surrender Cornwallis, 1781	♋	6 165	5 14	3 19
20	F			Siege of Kimberley begun, 1899	♋	6 175	5 12	4 28
21	S			Jennie Lind born, 1821.	♋	6 185	5 11	5 35
43. 19TH SUNDAY AFTER TRINITY. Day's Length, 11h. 49m.								
22	S			John Sherman died, 1900	♋	6 205	5 9	sets
23	M			Gen. Buller retired, 1906	♋	6 215	5 8	5 48
24	T			Desjardins Canal accident, '854	♋	6 225	5 6	6 17
25	W			Transvaal annexed, 1900	♋	6 235	5 5	6 52
26	T			Prince Ito assassinated, 1909	♋	6 245	5 3	7 34
27	F			Th. Ro-sevelt born, 1858.	♋	6 255	5 2	8 24
28	S			St. Simon and St. Jude	♋	6 265	5 0	9 21
44. 20TH SUNDAY AFTER TRINITY. Day's Length, 10h. 31m.								
29	S			Siege of Ladysmith begun, 1899	♋	6 284	4 59	10 23
30	M			2nd Contin. left for Africa, 1899	♋	6 294	4 58	11 28
31	T			Hallow'e'en	♋	6 304	4 57	morn

Weather Predictions. — 1-2, heavy frost; 3-6, changeable 7-11, fair; 12-15, cloudy and rain; 16-20, clear and cool; 21-22, snow flurries; 23-26, fair; 27-31, cloudy.

SUNSHINE CAKE

1 teaspoon Lemon Extract; 1 cup Flour; 1 teaspoon Cream of Tartar; Yolks 6 Eggs; 1½ cups Powdered Sugar; Whites 10 Eggs.

Beat whites of eggs until dry and stiff, then add sugar gradually, (continue beating). Beat yolks until lemon colored and stiff and add this with the extract to the mixture. Mix and sift flour with cream of tartar; then cut and fold it in. Put in an angel cake pan and bake in a moderate oven 50 minutes.

CHEAP SPONGE CAKE

1 cup Flour; 1 tablespoon Hot Water; 1 cup Sugar; Yolks 3 Eggs; 2 teaspoons Vinegar; Whites 3 Eggs; ½ teaspoon Salt; 1½ teaspoons Baking Powder.

Beat yolks of eggs until lemon colored and thick, gradually add one-half the sugar, continue beating; then add water and mix and sift flour, baking powder and salt together and add; then beat whites of eggs until stiff and add, then add the vinegar. Bake in a buttered and floured pan in a moderate oven 35 minutes.

Nyal's Hirsutone—cleanse; the scalp—removes dandruff—promotes circulation—stimulates hair bulbs.

DUMPLINGS

2 cups Flour; 2 teaspoons Butter; ½ teaspoon Salt; 4 teaspoons Baking Powder; ¾ cup Sweet Milk.

Mix the butter with the sifted flour and powder, turn into a well floured board, roll lightly to about 1½ inch thick, cut with biscuit cutter and put into buttered steamer and place over a kettle of boiling water and steam about 12 minutes.

Most of us regard any form of Eczema with repugnance. Should we be unlucky enough to contract it ourselves, we feel that we are marked and shunned, to say nothing of the intense suffering so often entailed.

Eczema is a misfortune, not a fault. The only thing of moment is to get rid of it quickly and permanently. In the past it has been most persistent and hard to conquer.

We know of some very stubborn cases that have yielded promptly to treatment with Nyal's Eczema Lotion and Nyal's Eczema Ointment. The Ointment is best used at night—the application is more persistent and relief is greater during the night. It gives you sleep.

Those who have to appear in public will appreciate the cleanliness of the Lotion during the day. We have great faith in these two and recommend them.

It is wise to take Nyal's Blood Purifier to be sure your blood is in the best condition.

BROWN BREAD SANDWICHES

Spread and cut brown bread as for sandwiches. Use finely chopped peanuts seasoned with salt, or grated cheese mixed with chopped English walnuts, seasoned with salt.

First C. P. R. train left Montreal, June 28, 1886.

CALF'S HEART

Clean thoroughly and stuff, using—½ cup Bread Crumbs; ½ cup rolled Cracker Crumbs; Salt and Pepper and Sage, if liked; 2 tablespoons Melted Butter; ½ teaspoonful Onion Juice; ¼ cup Hot Water.

Sew together and dredge with flour, sprinkle with salt and pepper and brown in hot fat—then put in a small deep baking pan—add boiling water until half covered, bake slowly for two hours, basting frequently, keep closely covered, add more water should it be needed. When ready to serve take heart from pan and thicken the liquor with a little flour and water mixed smoothly, pour this around the heart.

Nyal's Sore Throat Cure was made for just one purpose—to relieve and cure sore throats.

With only a handful of people, considerably over a million dollars of business was done on Peace and McKenzie River districts in 1910.

"Canada"—"The time is not far distant when Canada will produce 200,000,000 bushels of wheat."

Canada has the largest and best National park in the world, 5,732 square miles in extent.

For that uncomfortable, over-fed feeling after a very square meal, there's nothing quite so satisfactory as a dose of Nyal's Digestive Tonic.

Canada has 30 religious denominations. One-third of Canada's trade passes through Montreal. It occupies second place in the shipping on the Continent. Montreal's exemptions, 1907, 54 millions; increase of 12 millions in three years; 64 millions in 1908.

IS YOUR BIRTHDAY IN OCTOBER?

Persons born in October are ambitious, talented, energetic and enthusiastic, but somewhat careless and even reckless. The men are attracted by speculation and financial risks, are fascinating to women but not always faithful. The women are more cautious, though inclined to extravagance, and incline towards music and literature, writing good poetry. These people should avoid worry and cultivate patience, for they are gifted, and need only to make proper use of their talents. The October birthstone is the Beryl or the Opal. Motto: "Be ever bold—but not too bold." The "lucky day" is Thursday.



MOON PHASES—EASTERN STANDARD TIME

D.	H.	M.	D.	H.	M.
F. M. 6	10	48 A.M.	N. M. 20	3	49 P.M.
L. Q. 13	2	19 A.M.	F. O. 28	8	42 P.M.

For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

Weather Predictions. — 1-2, rain; 3-7, cold; 8-10, snow flurries; 11-14, fair and colder; 15-18, changeable; 19-22, clear; 23-25, threatening; 26-30, cloudy and rain.

D	W	HISTORICAL EVENTS	Moon signs	Sun rises H. M.	Sun sets H. M.	Moon sets H. M.
1	W	All Saints Day		6 32	4 55	0 35
2	T	Jenny Lind died, 1887		6 33	4 54	1 43
3	F	Steinheil Trial began, 1909		6 34	4 53	2 51
4	S	Warsaw Massacre, 1794		6 35	4 51	4 1

ONE EGG CAKE

1/2 cup Milk; 1/2 cup Flour; 1/4 cup Butter; 1/2 cup Sugar; 1 Egg; 2 1/2 teaspoons Baking Powder.

Cream the butter and gradually add the sugar; then the egg well beaten. Mix and sift flour and baking powder, then add alternately with milk to first mixture. Bake in shallow baking pan 20 minutes. Spread with a chocolate frosting.

45. 21ST SUNDAY AFTER TRINITY. Day's Length, 10h. 14m.

5	S	Gunpowder Plot discovered, 1604		6 36	4 50	5 16
6	M	First Dominion Parliament, 1867		6 38	4 49	rises
7	T	Driving last spike C.P.R., 1885		6 40	4 48	5 20
8	W	Winnipeg incorporated, 1873		6 41	4 47	6 5
9	T	King Edward VII born, 1841		6 42	4 45	7 2
10	F	Martin Luther born, 1483		6 43	4 44	8 10
11	S	Chicago anarchists hung, 1887		6 44	4 43	9 26

SPANISH CAKE

1 1/4 cups Flour; 1 cup Sugar; 1/2 cup Butter; 1/2 cup Milk; Yolks 2 Eggs; Whites 2 Eggs; 3 teaspoons Baking Powder; 1 teaspoon Cinnamon.

Mix in this order—butter, sugar, egg, yolks, milk, flour, baking powder, cinnamon and egg whites. Bake in shallow tins. Spread Caramel Frosting between layers and on top cake.

46. 22ND SUNDAY AFTER TRINITY. Day's Length, 9h. 57m.

12	S	Gen. Shafter died, 1906		6 45	4 42	10 43
13	M	Earl Minto Gov.-Gen., 1898		6 46	4 41	11 56
14	T	Mme. Steinheil acquitted, 1909		6 48	4 40	morn
15	W	Oxford conf. deg. Emp. Wm. 1907		6 49	4 39	1 9
16	T	Execution of Riel, 1885		6 50	4 39	2 18
17	F	Suez Canal opened, 1879		6 52	4 38	3 25
18	S	St. Peter's at Rome consec., 1626		6 53	4 37	4 32

WINDSOR SANDWICHES

Cream 1 cup butter and add to this one-half cup each finely chopped ham (boiled) and cold boiled chicken. Season with salt and paprika and spread mixture between thin slices of bread.

47. 23RD SUNDAY AFTER TRINITY. Day's Length, 9h. 42m.

19	S	Standard Time adopted, 1883		6 54	4 36	5 38
20	M	Sir Wilfrid Laurier born, 1841		6 55	4 35	sets
21	T	Pt. Arthur cap. by Japs, 1894		6 56	4 34	4 51
22	W	San Domingo Massacre, 1791		6 58	4 34	5 29
23	T	Great Tornado in Kansas, 1908		6 59	4 33	6 17
24	F	Dean Farthing el. Bis. of Mon., '08		7 0	4 33	7 12
25	S	Penny Postage with Australia, '07		7 1	4 32	8 13

48. 24TH SUNDAY AFTER TRINITY. Day's Length, 9h. 28m.

26	S	Battle of Modder River, 1899		7 3	4 31	9 16
27	M	Alex. A. Dumas, novelist d., 1895		7 4	4 31	10 20
28	T	Americans repulsed, 1812		7 5	4 31	11 25
29	W	King dec. Flor. Nightingale, 1907		7 6	4 30	morn
30	T	St. Andrews's		7 7	4 30	0 31

First daily paper—Montreal Advertiser—in 1840.

CALF'S LIVER STUFFED

Select a nice fresh liver and make a deep cut on one side, fill this with a stuffing made from $\frac{1}{2}$ pound cold Boiled Ham (chopped fine); $\frac{1}{2}$ cup Bread Crumbs; $\frac{1}{2}$ Onion, chopped fine; 1 tablespoon Parsley; moisten all with Brown Sauce and one beaten egg; season with Salt and Pepper.

Fill the opening, close with skewers and lard the top side. Place in a deep baking dish with two cups Brown Sauce made from 1 tablespoon Butter; 1 tablespoon Flour; 2 cups Brown Stock; season to taste.

Bake about $1\frac{1}{2}$ hours, or until well cooked, and basting every few minutes. Serve with French Fried Onions.

A good many people think Hypophosphites is not of much value now-a-days. Perhaps that is because they have had some unfortunate experience with inferior products. If you want the old-time, genuine article, get Nyal's.

FRIED CHICKEN (Southern Style)

Singe and clean two young chickens; cut in pieces for serving. Plunge in cold water and drain well; then season with salt and pepper and coat thickly with flour. Cut one pound of fat salt pork in pieces and try out; then cook chicken in fat slowly and until well browned and tender. Serve with White Sauce.

Nyal's Cherry Cough Cure for tight, dry coughs. Get the larger size.

The C. P. R. was built in 5 years, instead of 10, as per contract, and cost over 300 millions.

Croup can be prevented in most cases. By rubbing Nyal's Croup Ointment into the chest and throat you will stop most threatened attacks. A jar of this should be handy in every family of growing children.

CREAM DRESSING

$\frac{1}{2}$ tablespoon Salt; $\frac{1}{2}$ tablespoon Mustard; $\frac{3}{4}$ tablespoon Sugar; 1 Egg, slightly beaten; $2\frac{1}{2}$ tablespoons Melted Butter; $\frac{3}{4}$ cup Cream; $\frac{1}{4}$ cup Vinegar.

Mix ingredients in order given, and add vinegar very slowly, then cook over boiling water. Stir mixture until it thickens, strain and cool.

Women seem to have an unfair share of nerve strain these days and most women are in need of some outside help. Nyal's Celery Nervine or Nyal's Celery and Iron Pills will both be found very useful. They strengthen and steady the nerves in Nature's own way. They are either of them well worth while.

London Financier: "The C. P. R. is one of the wonders of the world."

Lord Strathcona drove last spike on C. P. R., Nov. 7, 1885.

A headache is not a disease. It is only a symptom of some other trouble. Perhaps your eyes are being strained—perhaps your liver is sluggish—an unusually hot day may cause it—worry and excitement will bring it on—indigestion may cause it—at certain times many women are so troubled. It is only ordinary wisdom to get at the cause and remove it, but in the meantime a Nyal's Headache Wafer will bring you relief from the pain. Do not take more than two for an attack, as no remedy of this sort should be used recklessly. It is a privilege not to be abused.

If the headaches continue or are recurrent, study the cause and get proper relief.

Ask for a copy of the little booklet, "Secrets of Beauty." It is convincing.

IS YOUR BIRTHDAY IN NOVEMBER?

Persons born in November have remarkably strong will power, are witty and magnetic, exert strong influence over others. The men make good lawyers, ministers, surgeons and dentists. The women succeed socially, being born entertainers. These people are sometimes trying to the patience yet lovable. They need greater self control and livelier ambition. They are often too prone to procrastinate and this must be corrected. Their ideas are original and intuitions good. The November birthstone is the Topaz. Motto: "Keep smiling." Tuesday is the "lucky day."



MOON PHASES—EASTERN STANDARD TIME

D. H. M. F. M. 5 9 52 P.M.
 L. Q. 12 0 45 P.M.
 For Atlantic Time, add 1 hr. For Central Time, subtract 1 hr. For Pacific Time, subtract 3 hrs. from the above.

D. H. M. N. M. 20 10 40 A.M.
 F. Q. 28 1 47 P.M.

D	D	HISTORICAL EVENTS	Moon signs	Sun rises H. M.	Sun sets H. M.	Moon sets H. M.
1	F	Queen Alexandra born, 1844		7 8	4 29	1 39
2	S	Battle of Austerlitz, 1805		7 9	4 29	2 50

49. 1ST SUNDAY IN ADVENT. Day's Length, 9h 18m.

3	S	St. Paul's Cath. finished, 1710		7 10	4 28	4 4
4	M	Thos. Carlyle born, 1795		7 11	4 28	5 22
5	T	Quebec besieged, 1775		7 13	4 28	6 44
6	W	St. Nicholas		7 14	4 28	rises
7	T	Count Ferd. de Lesseps died, 1894		7 15	4 28	5 50
8	F	Herbert Spencer died, 1903		7 16	4 28	7 7
9	S	Sir Hugh Allan died, 1882		7 17	4 28	8 27

50. 2ND SUNDAY IN ADVENT. Day's Length, 9h 11m.

10	S	Battle of Magerfontein, 1899		7 17	4 28	9 45
11	M	Ld. Roberts s. from C. Town, 1900		7 18	4 28	10 59
12	T	Sir John Thompson died, 1894		7 19	4 28	morn
13	W	Constitution gr. Transvaal, 1906		7 20	4 28	0 10
14	T	Geo. Washington died, 1799		7 21	4 28	1 18
15	F	Gen. Buller defeated, 1898		7 22	4 28	2 24
16	S	Great Fire in New York, 1835		7 22	4 29	3 30

51. 3RD SUNDAY IN ADVENT. Day's Length, 9h 6m.

17	S	King Leopold II died, 1909		7 23	4 29	4 36
18	M	Beethoven manus. fd. Vienna '07		7 24	4 29	5 41
19	T	Darr Mine disaster, 1907		7 25	4 29	6 45
20	W	John San. Macdonald born, 1812		7 25	4 30	sets
21	T	St. Thomas		7 26	4 30	5 5
22	F	Winter begins		7 26	4 31	6 3
23	S	Pres. Castro, Venezuela, dep. 1908		7 27	4 31	7 5

52. 4TH SUNDAY IN ADVENT. Day's Length, 9h 5m.

24	S	Treaty of Ghent, 1814		7 27	4 32	8 10
25	M	Christmas Day		7 27	4 32	9 15
26	T	St. Stephen		7 28	4 33	10 20
27	W	St. John, Evangelist		7 28	4 34	11 25
28	T	Innocents		7 29	4 34	morn
29	F	2 cent letter postage announced		7 29	4 35	0 31
30	S	Iroquois Theatre fire, Chic., 1903		7 29	4 36	1 40

53. SUNDAY AFTER CHRISTMAS. Day's Length, 9h 7m.

31	S	Battle of Quebec, 1775		7 29	4 36	2 54
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Weather Predictions. — 14, cloudy and rain; 5-9, colder; 10-12, heavy snow; 13-16, very cold; 17-20, stormy; 21-24, cold; 25-27, very cold; 28-31, moderating.

CHOCOLATE CAKE

½ cup Butter; ½ cup Milk; 1½ cups Flour; 1 cup Sugar; 2 Small Eggs; 2½ teaspoons Baking Powder; 2 ounces Chocolate, melted; ½ tea-spoon Vanilla.

Cream the butter and gradually add the sugar, then beat the yolks of eggs and add and beat the whites of eggs and all; then add the milk. Mix and sift the flour and baking powder and add and beat thoroughly; add vanilla and chocolate and bake in a shallow pan 40 minutes.

DEVIL'S FOOD CAKE

2 1-3 cups Flour; 1 cup Milk; ½ cup Butter; 2 cups Sugar; Yolks 4 Eggs; Whites 4 Eggs; 4 teaspoons Baking Powder; ½ teaspoon Vanilla; 2 squares Chocolate.

Cream the butter and add one-half the sugar. Beat yolks of eggs until lemon colored and add remaining sugar. Combine the mixtures and add milk and flour mixed and sifted with baking powder alternately; then beat the whites of eggs until stiff and add these with the chocolate, melted, and vanilla. Put in an angel cake pan and bake 45 to 30 minutes. Cover with White Mountain Cream.

BAKED TOMATOES

Take 6 medium sized tomatoes, wipe and remove a thin slice from stem end of tomatoes. Take out seeds and pulp and then drain off the greater part of liquid. Add an equal quantity crocker crumbs and season with a few drops of lemon juice, pepper and salt; then refill tomatoes with mixture. Place in a well buttered pan and sprinkle with crumbs well buttered and bake in hot oven 20 minutes.

We usually eat too much during Christmas Season. Nyal's Stomach and Liver Pills are a regular old-fashioned dinner pill without the old time griping.

Nyal's Little Liver Pills are good, too.

First railway bridge across the St. Lawrence, the Victoria, 1859.

Canada has the most prolific and extensive sea fisheries in the world.

Keep Nyal's Toothache Drops or Toothache Plug in the house. You may need it in the night.

Canada has the largest grain mills in the British Empire.

England and Wales have 19,000 Canadians; Australia, 3000; New Zealand, 1500; Alaska, 2000.

When winter sets in so does your old friend Rheumatism. Ask us for a copy of the booklet, "A Timely Suggestion." It tells a lot about how rheumatism starts.

If yours is old and chronic, we advise taking Nyal's Rheumatic Cure. Surprising how it takes the pain out of the stiff joints and muscles. Limbers things up wonderfully and gives relief to many a case that had been almost helpless.

BAKED BOSTON BEANS

Take 1 quart small beans, pick over and cover with cold water. Let them soak over night, next morning drain and cover with fresh cold water, cook slowly until the skins burst, then drain. In the bottom of the pan put $\frac{1}{2}$ inch slice off salt pork rind, well scalded and scraped. Put the beans in the pot and bury the remaining pork. Cut into pieces in the beans, leaving the rind uncovered. Cover with one cup boiling water, to which has been added 1 tablespoon Salt; 1 tablespoon Molasses; 3 tablespoons Sugar. If not sufficient to cover, add a little more water, place light cover on pot, and put in moderate oven, baking slowly for 6 or 8 hours. About an hour before serving take off the cover so that the rind and top will be brown and crisp.

No home should be without a good, all-round Liniment—a good rub—the kind that seems to go through the skin and reach the pain underneath.

Nyal's White Liniment seems to reach the spot every time—a big bottle, too.

Canada has the largest consecutive wheat field in the world, 900 by 300 miles.

We had become a little discouraged over Emulsions until we tried Nyal's. It is made of the best grade of pure oil and is everything an Emulsion of Cod Liver Oil ought to be.

First election held in Canada, June, 1792.

First steamer on the St. Lawrence River, 1809.

Don't forget Laxacold will relieve that stuffy cold promptly and safely.

It won't leave you open to catch a worse one.

IS YOUR BIRTHDAY IN DECEMBER?

Persons born in December are impulsive, frank, energetic, and high strung, but of strong character. The men are likely to be successful in commercial undertakings though appearing rash and venturesome. The women are warm-hearted, affectionate mothers and excellent wives, occasionally with talent for fiction writing and music. These people should rely on their own judgment which is usually good. They should practice self-control and overcome their bluntness, which frequently wounds others. The December birthstone is the Turquoise. Motto: "I rule Myself." Thursday is the "lucky day."

ESCALLOPED CABBAGE

Cut a boiled cabbage and put in a baking dish well buttered; then sprinkle with salt and pepper and add one cup of White Sauce. Mix cabbage well with sauce and cover well with bread crumbs, then bake in moderate oven until bread crumbs are well browned.

BOILED ASPARACUS

Cut lower parts of stalk as far down as they will snap, untie bunches and wash thoroughly, removing scales, and retie. Cook in boiling salted water until soft and leave tips out of water the first 10 minutes. Drain off water and take off string; then spread soft butter over it.

The teeth are a more important factor in good health than many people realize.

The teeth can be kept in good, sound condition by regular attention, cleaning with Nyal's Tooth Powder and Nyal's Tooth Paste.

A good powder polishes the ivories and removes and prevents tartar and consequent decay. A good paste is more convenient and perhaps more cleansing.

That's why we recommend both.

The sensation they give the mouth is well worth the price. Don't buy a cheap tooth brush—they cost more in the end.

HOT MAYONNAISE

Yolks 2 Eggs; 2 tablespoons Olive Oil; $\frac{1}{4}$ cup Hot Water; 1 tablespoon Vinegar; Salt; few grains Cayenne; 1 teaspoon finely chopped Parsley.

Add oil to egg yolks very slowly, then pour vinegar and water on gradually. Cook over boiling water until mixture thickens; then add seasonings and parsley.

BREAD SAUCE

$\frac{1}{2}$ cup fine Stale Bread Crumbs; 2 cups Milk; 6 Cloves; 1 Onion; $\frac{1}{2}$ teaspoon Salt; few grains Cayenne; 3 tablespoons Butter; $\frac{1}{2}$ cup coarse stale Bread Crumbs.

In double boiler cook milk 30 minutes; put in fine bread crumbs and onion stuck with cloves, then remove onion and add cayenne, salt and two tablespoons butter. Best served with roast partridge or grouse and sprinkled with browned bread crumbs done in remaining butter.

First C. P. R. Steamer to reach Vancouver from Yokohama, June 14, 1887.

Canada began the 20th century with the same population as the United States began the 19th.

CARROTS AND PEAS

Wash and scrape young carrots and cut in cubes. Cook in boiling salted water until soft. Then drain and add cooked green peas (equal quantity) and season with butter and pepper and salt.

Canada's western wheat growing belt is four times the area of the U. S. belt.

CREAMED CAULIFLOWER

Cut off stalk and remove leaves and soak with head down 30 minutes in cold water. Then with head up cook 20 minutes in boiling water. Drain well and separate flowerets and reheat in $\frac{1}{2}$ cups White Sauce.

Canada's grand total savings, 691 millions—over \$100 per head, highest record of any country in the world.

ORANGE TRIFLE

$\frac{1}{2}$ cup Cold Water; $\frac{1}{2}$ cup Boiling Water; 1 cup Orange Juice; 1 cup Sugar; Grated Rind 1 Orange; 1 tablespoon Lemon Juice; 2 tablespoons Granulated Gelatine or $\frac{1}{2}$ box Gelatine; whip from $\frac{3}{4}$ cups of Cream.

Nyal's Face Cream—alays irritation—soothes and smooths the roughened flesh, leaving it soft and velvety.

ESCALLOPED POTATOES

Take four potatoes, wash and pare and soak them. Then cut in $\frac{1}{4}$ inch slices. In a buttered baking dish put a layer and sprinkle with salt and pepper, then dredge with flour and spread on about $\frac{1}{2}$ teaspoon of butter; then repeat, lastly, add hot milk until you can see it through the top layer. Bake until potatoes are soft, usually about $\frac{1}{4}$ hours.

Nyal's Tooth Paste—prevents decomposition of food particles and prevents acid-mouth.

LYONNAISE POTATOES

Slice 2 cups cold boiled potatoes, cook $\frac{1}{2}$ tablespoons butter with 1 tablespoon finely chopped onion. Melt 2 tablespoons butter, add a little salt and pepper, then add potatoes and cook until potatoes have absorbed butter, shaking pan occasionally. Add onion and butter and mix well, then add $\frac{1}{2}$ tablespoon finely chopped parsley.

Western Canada has 171 million acres of wheat lands. (Prof. Saunders' estimate).

CHOCOLATE CREAM

5 tablespoons Corn Starch; 2 cups Scalded Milk; $\frac{1}{2}$ teaspoon Salt; $\frac{1}{2}$ cup Sugar; 1-3 cup Cold Milk; 3 tablespoons Hot Water; $\frac{1}{2}$ squares Baker's Chocolate; 1 teaspoon Vanilla; Whites 3 Eggs.

Mix sugar, salt and corn starch. Dilute with cold milk, then add to milk that has been scalded and cook over boiling water. Keep stirring until mixture is thick; then add melted chocolate with hot water already added. Stir and when smooth add to cooked mixture, then vanilla and whites of eggs beaten stiffly. Put in a mould and chill.

SPANISH CREAM

3 cups Milk; Whites 3 Eggs; Yolks 3 Eggs; 1 tablespoon Gelatine (granulated) or $\frac{1}{4}$ box Gelatine; $\frac{1}{2}$ cup Sugar, (scant); $\frac{1}{4}$ teaspoon Salt; 3 tablespoons Wine or 1 teaspoon Vanilla.

Scald gelatine in milk; then add sugar and pour on the yolks of eggs, slightly beaten. Cook over boiling water and stir until thick, take off range and add flavoring, salt and whites of eggs stiffly beaten. After dipping in cold water and chilling moulds then turn mixture in. Serve with cream.

CHOCOLATE CAKES

3 tablespoons Flour; 1 cup Stale Bread Crumbs; 3 squares Baker's Chocolate; $\frac{1}{2}$ cup Sugar; $\frac{1}{4}$ cup Butter; 3 Eggs.

Beat eggs until very light, then cream the butter and add the sugar and combine the mixtures, then melt the chocolate and add it with the bread crumbs and flour. Bake in a slow oven in a well buttered shallow pan. Shape with a biscuit cutter and put in pairs, one over the other and between and on top put White Mountain Cream.

CAMBRIDGE GINGERBREAD

1 cup Molasses; $2\frac{3}{4}$ cups Flour; $2\frac{3}{4}$ cups Boiling Water; 1-3 cup Butter; 1 Egg; $\frac{1}{4}$ teaspoon Cloves; 1 teaspoon Ginger; 1 teaspoon Cinnamon; $\frac{1}{2}$ teaspoon Salt; $\frac{1}{2}$ teaspoon Soda.

After melting butter in water, add egg well beaten and molasses, then mix and sift dry ingredients and add; bake in a shallow pan well buttered.

MARQUEHITES

2 Eggs; $\frac{1}{2}$ cup Flour; 1 cup Brown Sugar; 1 cup Pecan Nut meats cut in small pieces; $\frac{1}{4}$ teaspoon Baking Powder; 1-3 teaspoon Salt.

Beat eggs slightly and add sugar, flour, baking powder, salt and nuts. Fill tins well buttered, with mixture about two-thirds full and put a pecan nut on each. Bake in a moderate oven 15 minutes.

Nyal's Stone Root Compound certainly does help Rheumatism.

HOT WATER SPONGE CAKE

Whites 2 Eggs; Yolks 2 Eggs; 1 cup Sugar; 1 cup Flour; 3-8 cup Hot Water or Hot Milk; $\frac{1}{4}$ teaspoon Lemon Extract; 1 $\frac{1}{2}$ teaspoons Baking Powder; $\frac{1}{4}$ teaspoon Salt.

Beat yolk of eggs until they are lemon colored and thick; continue beating and add sugar ($\frac{1}{2}$ quantity); then add water, lemon extract and remaining sugar, whites of eggs beaten until stiff; then add flour, baking powder and salt already mixed and sifted. Put in a shallow, buttered pan and bake in a moderate oven 25 minutes.

FIG FILLING

1-3 cup Boiling Water; 1-3 cup Sugar; 1 tablespoon Lemon Juice; $\frac{1}{2}$ pound Figs, finely chopped.

Mix ingredients in order given—figs, sugar, water and lemon juice. Cook in double boiler until thick enough to spread. It is best to spread while hot.

MILK FROSTING

1 teaspoon Butter; $\frac{1}{2}$ teaspoon Vanilla; $\frac{1}{2}$ cup Milk; $1\frac{1}{2}$ cups Sugar.

Melt butter, then add sugar and milk. Stir well and do not let sugar adhere to saucepan. Heat to boiling point and then boil without stirring 13 minutes. Take off fire and beat until of the right thickness to spread, then add flavoring and pour over cake. Cream as soon as firm.

MACAROONS

3-8 pound Powdered Sugar; $\frac{1}{2}$ pound Almond Paste; Whites 3 Eggs.

Work together almond paste and sugar on a smooth board; then add whites of eggs and work until very smooth. Shape using a pastry bag and tube on a tin sheet covered with thin buttered paper or drop mixture from spoon in small piles. Bake in a slow oven 20 minutes. When finished remove from oven, invert paper and wet with a cloth wrung out of cold water and the macaroons will slip off.

BUTTERCUPS

2 tablespoons Butter; $\frac{1}{2}$ cup Boiling Water; 1 cup Sugar; 2 cups Molasses; 1-3 teaspoon Cream of Tartar.

Boil all ingredients (except fondant) until when the mixture is tried in cold water a firm ball may be formed. Do not stir until the last few minutes of cooking. Pour on to a buttered platter and when cool enough to handle pull until light colored. Shape on a floured board having strip wide enough to enclose a roll of fondant about one inch in diameter. Enclose fondant and with both hands pull into a long strip. Cut in small pieces.

Nyal's Stomach & Liver Pills are prompt and effective but act gently.

ORANGE SAUCE

Juice and Rind of 2 Oranges; Juice of 1 Lemon; Whites of 3 Eggs; 1 cup Powdered Sugar.

Beat whites until stiff, then add sugar gradually and keep beating; add fruit juices and rind.

First Canadian Catholic Church at Fort Royal, 1608.

CHICKENS AND SWEETBREADS (Creamed)

Take equal quantities of cold cooked sweetbreads and cold chicken; put in the sauce made from 2 tablespoons Butter; 3 tablespoons Flour; 1 cup Milk; Salt and Pepper. Heat thoroughly.

VINEGAR CANDY

2 tablespoons Butter; $\frac{1}{2}$ cup Vinegar; 2 cups Sugar.

Melt butter in kettle and add sugar and vinegar. Keep stirring until sugar is dissolved and afterwards occasionally. Boil until when tried in cold water mixture will become brittle. Butter a platter and turn mixture on it to cool and pull and cut the same as molasses candy.

GRAHAM PUDDING

$\frac{1}{2}$ cup Milk; $\frac{1}{2}$ cup Molasses; $\frac{1}{4}$ cup Butter; 1 Egg; $\frac{1}{2}$ teaspoon Soda; $1\frac{1}{2}$ cups Graham Flour; 1 teaspoon Salt.

Seed 1 cup raisins and cut in pieces. Add milk, molasses and egg well beaten to melted butter; then mix the dry ingredients and sift; then add this and the raisins; turn into mould (well buttered). Have cover on and steam $2\frac{1}{2}$ hours. Best served with Wine Sauce. Dates or figs may be used instead of raisins.

POTATO SALAD

Take cold boiled potatoes and cut in small cubes. Then with $\frac{1}{2}$ tablespoon salt and $\frac{1}{4}$ teaspoon pepper, add two tablespoons vinegar and add 4 tablespoons oil and mix thoroughly. A few drops of onion juice may be added. Arrange in a mould and garnish with parsley, yolks and whites of 2 hard boiled eggs, also cold boiled red beets may be used. Chop whites and arrange on one-fourth of the mould. After chopping beets mix with one tablespoon of vinegar and let stand about 15 minutes, then arrange next to whites on fourths of moulds. Now arrange on the remaining portion of mould the yolks of eggs forced through a potato ricer. Sprinkle parsley as a dividing line between eggs and beets, also use as a garnish at the base.

First steam railway built in Canada in 1836—from LaPrairie to St. John.

CHOCOLATE CREAM CANDY

1 tablespoon Butter; 2 squares Chocolate; $2\frac{3}{4}$ cup Milk; 2 cups Sugar; 1 teaspoon Vanilla.

Melt butter and add sugar and milk; heat to boiling point, then add chocolate and stir constantly until it is melted; boil 13 minutes and remove from fire and add vanilla and beat until mixture begins to sugar slightly around the edge of saucepan. Butter a pan and pour this into it and cool slightly, the nut in squares.

On the prairies, England's highest average of sunshine is Canada's lowest.

FRENCH WHITE SOUP

4 pound Fowl; Knuckle of Veal; 3 quarts Cold Water; 6 slices Carrot; 1 sliced Onion; $\frac{1}{2}$ teaspoon Thyme; 1 sprig Parsley; $\frac{1}{2}$ Bay Leaf; $\frac{1}{2}$ teaspoon Peppercorns; $\frac{1}{2}$ tablespoon Salt; 1 tablespoon Lean Raw Ham, finely chopped; 4t tablespoons Butter; 3 tablespoons Flour; 1 cup Cream; Yolks 2 Eggs.

Wipe and disjoint the fowl. Wipe veal, then remove from bone and cut in small pieces. Put meat and bone in kettle with water, bring to boiling point slowly, then skim and cook slowly 4 hours. Cook ham and vegetables in one-quarter of the butter five minutes, then add to soup with salt and peppercorns and cook $\frac{1}{2}$ hour. Strain, cool and remove fat, then reheat three cups soup stock and thicken with remaining flour and butter cooked together. A few minutes before serving add cream and egg yolks. Garnish with one-half cup cooked green peas and chicken custard cut in dice will greatly improve.

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DINNER SOUP

$3\frac{1}{2}$ pounds Lean Beef from round; 2 pounds Marrow Bones; 2 quarts Cold Water; 1 can Tomatoes; 1 teaspoon Peppercorns; 1 teaspoon Salt; 1 tablespoon Lean Raw Ham, finely chopped; 2 tablespoons Butter; Carrot, Turnip, Onion, Celery, 1-3 cup each cut in small pieces; 1 sprig Parsley; $\frac{1}{2}$ Bay Leaf.

Wipe meat and cut in inch cubes. Put one-half in kettle with marrow bone, tomatoes and water. With some marrow from marrow bone in hot frying pan, brown remaining half then turn into kettle. Heat slowly to boiling point, and simmer five hours. Cook ham and vegetables with butter five minutes, add this with peppercorns, salt, parsley and bay leaf. Cook one and one-half hours, strain and cool quickly, remove fat and clear.

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