

DOMESTIC SCIENCE.

I sing not the fruitage of old Yucatan, The citron of Spain or the plums of Japan. The Florida orange may glow in the South, The peach of New Jersey may melt in your mouth; The broad-brusted quince has a heavenly smell, And I love California apricots well; Bananas of Nassau and Malaga grapes In clustering richness and ravishing shapes, They're beautiful all, but bemoan them who will, A ruddy old monarch outranks them all still. A fruit universal, coeval with man, 'Tis the blessed old apple! Gainsay it who can.

MENU, SUNDAY.

BREAKFAST. Baked Apples with Cream. Cereal. Cleped Salt Pork and Fried Apples. Popovers. Coffee. DINNER. Radishes. Scalloped Potatoes. Roast Beef. Yorkshire Pudding. Baked Sweet Tomatoes. Cucumbers with French Dressing. Green Apple Pie, Cheese. Coffee. SUPPER. Cold Beef with Horse Radish. Cream Toast. Apple Sauce. Crullers. Dutch Cheese. Chocolate.

A good apple crop this year, on the whole, according to the International Apple Shippers' association, the best crops extending through New York and New England and up through Canada and Nova Scotia, though the New Davis district shows a heavy decline from the crop of last year.

This rocky showing for our peculiarly national fruit will be still further enhanced by the honors that will be showered upon it at the Jamestown exposition, where "Beauty of the Apple Trees" group, as the National Apple Day, the apple is a fruit of high descent and honorable mention. Among the rules of the State like dwellers are ruled remains of small red apples. While John Winthrop is usually accredited with the introduction of the apple into this country, it is stated as a matter of fact that the reddest Massachusetts apple trees grew from the seeds of the apple tree which came from the Dutch ship, the "Beetle," when Winthrop anchored off Cape Ann. Some of the best American apples were brought over by the Huguenots, who settled in Massachusetts, in 1633, and planted there the pomme royale or apple apple and the well-known Newtown apple. In the chemical elements the apple is richly endowed as to make it one of our most valuable foods and when ripe and mellow one of the easiest vegetable substances to digest. The entire process of digestion is accomplished in eighty-five minutes, as a finish for a course dinner a mellow apple with a bit of choice cheese served with the after-dinner coffee is all right, as well as exceedingly "English."

BAKED APPLES.

A baked apple is the most easily digested of any way of serving apples, but there are baked apples and baked apples. For variety's sake try peeling them before baking. Peel and core the apples carefully, fill the hollows with sugar and spice preferred, lay in an enameled baking pan, pouring just enough water to cover the bottom, then bake in a moderate oven until tender and delicately crisp on the surface. Sometimes a bit of butter is placed on top of each apple before putting in the oven. Meantime take the cores and peelings, cover with water and steam gently for an hour. Strain sweeten slightly, add a little nutmeg, cinnamon or lemon, and pour over the apples. Cool in the pan in which the apples are baked, then serve cold with cream.

Apples should never be baked in tin, which darkens both apples and juice. FILLINGS FOR BAKED APPLES. As variety is the spice of life, even in baked apples, here are a few good fillings that may be used from time to time. Nuts are especially nice for this. Any kind may be used, but pecans, black walnuts, hickory nuts and butternuts are perhaps best. For a dozen large apples a cup and a half of the meats will be required. Chop the nuts and mix with sugar, allowing a dessert spoon for each apple. Fill the cavities and bake in the usual way. A half-banana sprinkled with sugar and lemon juice makes a good filling for an apple. Pies and dates steamed, chopped and rolled in sugar, chopped nuts with strips of lemon or orange peel, or honey and butter, are all appropriate and usually approved.

BAKED APPLES TO SERVE WITH MEAT.

Wash and core tart apples, then fill with equal parts crumbs and mushrooms. Season with catsup or the herbs as preferred. Put a bit of butter on top of each apple, add little water to the baking pan and bake until tender.

FRIED APPLES.

These are also excellent served with any form of pork. Select large, firm apples, allowing a dessert spoon for each apple. Core, cut in slices half an inch thick, then brown in pork fat or butter, turning with a pancake turner so as not to break. They should be fried, but not broken. If preferred, a trifle sweet, sprinkle sugar and cinnamon over the uncooked side just before turning. Fried apples are especially nice with fried pork or sausage.

APPLE CROQUETTES.

Put over the fire in a saucepan one cup stale bread crumbs and a half cup milk. Cook, stirring constantly, until smooth, then add one large apple chopped fine, and a dozen almonds, ground, the yolks of two eggs beaten with a tablespoonful sugar, a tablespoonful lemon juice and the grated rind of half a lemon. Cook until thickened, then turn out on a platter to cool. When quite cold, form into croquettes, roll in the crumbs and fry in smoking hot fat. Serve with caramel sauce, maple syrup or powdered sugar.

INDIAN APPLE PUDDING.

Peel and core a dozen tart apples. Soak a quart of milk, then add a cup of Indian meal, mixing and cooking carefully for several moments. Add a teaspoonful salt, a cupful each molasses and finely chopped suet, then pour over the apples arranged in a buttered baking dish. Bake a couple of hours. This is a Southern dish commonly known as apple pone.

SCOTCH APPLE TART.

Peel and core a half dozen tart apples and place in a crock in a slow oven, adding neither water nor sugar. When tender mix 1 Sultan's raisins, allowing a quarter of a pound to each pound of apples. Turn into a deep baking dish, sprinkle with sugar and ground lemon, cover with top crust, prick well to allow for the escape of steam, and bake in a quick oven. Serve with milk.

ENGLISH APPLE TART.

Peel and core tart apples, put into a large saucepan, cover with boiling water; stew gently until the apples are tender, but unbroken. Line the edges of a deep pie tin with crust, then fill the center of the dish with apple, dropping into the center of each a spoonful of orange marmalade. Cover the top of the dish with strips of pastry arranged lattice fashion and bake quickly until brown. Serve hot.

RUSSIAN APPLE PIE.

Peel and core eight large tart apples, put into a baking dish with a little water and bake until tender. Press through a sieve into a large bowl, and set aside to cool and chill. Add three-quarters of a cup of sugar and the whites of four or five eggs beaten stiff, with a few grains of salt and a little lemon juice and grated peel to season. Beat this mixture until white and light, then turn into a buttered pie tin and bake about twenty minutes. Serve hot with sugar and cream.

BOSTON APPLE PIE WITH CREAM CHEESE.

Line a pie plate with good crust, then fill with tart apples, stewed, pressed through a ricer and sweetened to taste. Season with nutmeg or cinnamon. Press in a cheese through a ricer, and add to it a scant cup rich cream, whipped stiff. Season lightly with salt. Put this into a pastry bag or stiff paper funnel and press on to the top of the pie in fanciful pattern.

GERMAN APPLE KITCHEN.

Beat one egg and add to it a cup of milk. Mix well, then add two and two-thirds cups sifted flour that has been slightly warmed. Beat well. Dissolve one-third compressed yeast cake in two tablespoonfuls lukewarm milk and add to the water with two tablespoonfuls softened butter. Knead thoroughly in the bowl, manipulating with hands and spoon until the dough feels elastic and velvety. Cover and stand in a warm place for about five hours, or until it has doubled in bulk, then turn on to a floured board, and roll into a sheet about half an inch thick. Place on a greased tin, spread with butter, sprinkle lightly with sugar, then arrange closely over the top enough overlapping slices of apple to cover. Wipe over with water, sprinkle with sugar and plenty of nutmeg or cinnamon. Cover with a light cloth and set aside for twenty minutes or until quite light, then bake in a hot oven. As soon as done, brush lightly with cold water to prevent the kitchen becoming too dry.

SWEET PICKLED APPLES.

A delicious pickle is made from sweet apples. Cut in halves through the stem, leaving the core in and the skin on. Put three cloves in each half as in pickling peaches, then make a syrup, allowing for every six pounds of apples three pounds of sugar and a pint of vinegar. Add a few cassia buds or pieces of stick cinnamon, put the fruit in and cook it until it can be pierced with a splint. Pack the apples in jars, cook the syrup a little longer until thickened and pour over the fruit.

APPLE BUTTER.

Sweet apples make a delightful butter, this goes well in the children's lunch basket or makes an appetizing relish for the breakfast table in place of orange marmalade. Boil one gallon of fresh sweet elder down to one-half its original quantity. Then fill the kettle with sliced sweet apples and let them simmer gently, but steadily all day, until reduced to about one-half their original bulk. Strain frequently with a wooden spoon or paddle to prevent their becoming soft or broken down sufficiently the first day, let cook longer on the second. Pack away in stone or wooden jars. If kept in a cool, dry place this will keep almost any length of time.

BARBERRY SAUCE WITH SWEET APPLES.

To a quart of sweet apples allow a half peck barberries and two quarts of molasses. Look over the berries carefully, removing stems and leaves, wash and put over to cook with water, to float them. Add the molasses and cook gently until the berries are tender. Strain out the berries and put into the syrup as many of the apples, pared, quartered and cored, as the kettle will hold conveniently. As the berries are tender, put into the jar with the apples, and boil the syrup down until thick. Pour over the fruit, let stand until the next day, seal all together once more, then put away in cans if you have plenty or in a large stone jar.

EMMA PADDOCK TELFORD.

Dog River Valley Fair, Norwich, Vt., September 17, 18, 19, 1907. For the above attraction, the Central Vermont Ry. will place in effect the usual reduced fares to Northfield, Vt., and return. Tickets will be good going September 16-19, return limit September 20, 1907. See hand-bills for fares, train schedules, etc.

219, 220, 231 & W. 11.

Madam, if this seems foolish they should never put such things in print. Some sort of sense they might display. That is a helpful household hint.

—Chicago News.

Some all may help your old machine; In serving table use tray. Don't start fire with gasoline. Many If on the earth you wish to stay. Yes, nicely creamed potatoes may. Be eaten with roast lamb or mutton. Colors will make a bedroom gay. That is a helpful household hint.

L'ENVOI

Madam, if this seems foolish they should never put such things in print. Some sort of sense they might display. That is a helpful household hint.

—Chicago News.

Chittenden County Trust Company

HURLINGTON, VERMONT. The efforts of this Banking Institution have been rewarded with unexampled success. JOIN US. President: JOHN J. FLYNN. Vice-President: JOHN J. FLYNN, E. D. WORTHEN, HARRIE V. HALL. Treasurer: H. A. COOKE. Asst. Treasurer: E. F. GEBHARDT, J. H. SCOMBER. Directors: E. J. BOOTE, JOHN J. FLYNN, E. D. WORTHEN, HARRIE V. HALL, H. A. COOKE, W. F. WOODBURY, W. F. MCKILLIP, E. F. GEBHARDT, J. H. SCOMBER, A. O. HUMPHREY, J. S. PATRICK.

MARY ANDERSON NAVARRO.

Her Beautiful Home at Broadway, Worcestershire, England. (Correspondence of the St. Louis Globe-Democrat.) I suppose there is no rural spot in England more visited by Americans than Broadway, a charming Old World village situated at the extreme southwest corner of Worcestershire. Its picturesque houses seem to have more affinity with Gloucestershire than with their own country, being mostly built with the soft, yellow Gloucester stone which lends them with exposure and comes down into all sorts of subtle and beautiful tints, besides having a happy knack of attracting to itself a variety of delicate ferns.

COLLECT PINE SEED.

This is Seed Year in Vermont and Will Not Come Again for Several Years. The increased interest in forestry in Vermont and all other parts of the country has created an active demand for seed of the common white pine. This matures an abundant crop of seed only once in three or four years, and when a seed year comes the crop must be harvested or one must wait another period of years. This year, 1907, is a seed year in Vermont. Requests are coming to the forestry department of the agricultural experiment station at Burlington from parties both within the State and outside, who wish to purchase pine seed. This circular letter is therefore issued to the press of the State hoping that it may encourage anyone who is favorably situated to collect the seed.

The seeds of the pine are collected from the scales of the green cones. As these cones drop and with them the seeds fall out. To secure the seed the green cones must be gathered before they open. Usually they begin to open about September 15 or 20. So the collections of the present crop must be made at once. These green cones may be seen clinging to the tips of the branches at or near the top of the older trees. To collect them, climb them when the cones are being cut down. More easily they are gotten by climbing the tree and with a garden rake pulling off the cones or breaking off the young twigs bearing the cones. These cones may be gathered into baskets or sacks and spread in a layer not over three inches deep on a clean dry barn floor or similar place under cover to dry, stirring occasionally if need be to insure rapid drying. If there is a stove in the house the process is much hastened if the scales open many of the seeds will fall out, and a little flailing brings the rest. Each seed has a wing. When the scales are rubbed off and the seeds screened and winnowed each seed will show the large kernel of white. Each kernel will yield a pound or so of seed of such clean seed. The market value of seed this year has not been fixed but it is sure to be high enough to pay for collecting.

The State nursery, which is situated at the experimental station, will need some seed for use and distribution each year. Owners of waste land which could profitably be reforested might find it desirable to get seed for growing their own seedling trees and as before stated requests have been received from those outside of the State who wish to purchase Vermont seeds. Any one who can collect seeds, therefore, and wishes to dispose of them or who wishes further advice in the matter should at once address the Vermont State Forest Nursery, Experiment Station, Burlington, Vt.

How many big game hunters who are not rifle practitioners know that it is no longer necessary to be a member of the militia and attend the weekly drills and annual encampment to be enabled to practice with a government rifle? Not many. Yet this is a fact. All that is required is for twenty or more civilians to get together and organize their club, and then apply to the National Rifle Association, after which the club receives general whatever State the club resides in, will sell the club the Kraus-Jorgensen military rifle, charging only \$150 each for them. The price of clubs west of the Mississippi is slightly higher.

The National Rifle Association, through its secretary, Lieutenant Albert S. Jones, 256 Broadway, New York city, will furnish the rules for government tournaments, and instructions for laying out the range and building the targets.

In this way the civilian rifle practitioner can not only greatly increase his chances of getting game when he goes to the bush in the time when the still-hunters are absent, and become of more value to his country as a man who can shoot straight, but he also can, if he chooses to develop unusual skill, win the military championship of the United States or be one of a team selected to represent America in any international match.

Rifle and pistol practice are, as a rule, less expensive than trap-shooting with a shotgun, because, although the ammunition costs about the same, the shotgun user will shoot away twice as many rounds of ammunition in an afternoon; and his targets, once hit, cannot be patched up with a patch of gummed paper. Furthermore, by reloading his cartridges the rifle or pistol can reduce his ammunition bill considerably. The cost of loaded gullery ammunition for the Krug or for the regulation army pistol is no more than the cost of 25 calibre ammunition—September 1907.

BALLADE OF HOUSEHOLD HINTS. Wipe varnished floors with kerosene. Beneath the carpets papers lay. It's easy to frisco parlor green—It's easy on the eyes, they say. Though some prefer a cream or gray, Or else some prefer a neutral tint. Don't have it red or purple, pray. That is a helpful household hint.

Grinding will make your scissors keen; A quilt should not be stuffed with hay; To keep your steps and porches clean, Sweep them or mop them once a day. Bind trousers ends if they should fray; And brush them if they gather lint; Soiled linen do not throw away. That is a helpful household hint.

Want to sell your farm? Write to the old reliable New England Farmer for their co-operative plan of selling farms. No agents, no commissions. Deal direct with your customers. Best plan yet. Will sell your farm at once. Write to-day, then if full particulars. Send 10 cents for a full week's trial subscription to "The New England Farmer," address: The New England Farmer, Brattleboro, Vt.

Impure blood runs you down—makes you feel easy victim for organic diseases. Burdock Blood Bitters purifies the blood—cures the cause—builds you up.

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LIQUOR CASES IN COURT. Joseph Pasha, Adolph Norman, Fred Keenan and Daniel Allen Arraigned. The liquor which was seized from Joseph Pasha was Monday ordered returned to him by the city court, there not appearing evidence sufficient to show that Pasha intended to dispose of the stuff illegally. Two strangers, who gave their names as Adolph Norman and Fred Keenan, were arraigned Monday in city court, charged with intoxication. They were arrested in the railroad yard while asleep in freight car. Each pleaded guilty in court and was assessed \$5 and costs of \$150. They will serve alternate sentences of 30 days in jail. Daniel Allen, who is not a stranger in city court, was up again Monday for intoxication. He pleaded guilty and paid \$20 in fines and costs. Upon disclosure Allen said he procured some whiskey from a strange woman. He said he had seen the woman previously but did not know her name.

GOLDEN WEDDING. Mr. and Mrs. Hiram Cushman Celebrated in This City Monday. Hiram Cushman and Mrs. Miranda (Gilmore) Cushman observed the 50th anniversary of their marriage Monday at the home of Dr. and Mrs. J. N. Jones at 272 Main street. An informal reception was held during the afternoon and evening, when many out-of-town friends were present to extend congratulations. Mrs. Cushman was her wedding dress. Mr. and Mrs. Cushman were both born in Georgia and lived in that town until they came nearly all their lives. They came to this city four years ago with their daughter, Mrs. Jennie. The home of Dr. and Mrs. Jones was tastefully decorated with goldenrod and golden lilies, the color scheme being yellow. Among those from out of town who were present were Mr. and Mrs. J. C. Grantham, Judge and Mrs. E. A. Chittenden, Mrs. J. M. Foss and Mrs. H. E. Bentley of St. Albans; the Rev. J. J. Rowland of Swanton; Mr. and Mrs. P. E. Cushman, the Rev. and Mrs. C. Ward Clark and Mrs. M. H. Ballard of Georgia.

WANT TO SELL YOUR FARM? Write to the old reliable New England Farmer for their co-operative plan of selling farms. No agents, no commissions. Deal direct with your customers. Best plan yet. Will sell your farm at once. Write to-day, then if full particulars. Send 10 cents for a full week's trial subscription to "The New England Farmer," address: The New England Farmer, Brattleboro, Vt.

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Burlington Savings Bank

INCORPORATED 1847 Had July 1, 1907, 25,357 Depositors. Total Assets \$11,493,701.81. This bank has always paid the highest rate of interest allowed by law, which at the present time is 4 PER CENT. per annum. All taxes in the State are paid by the bank on deposits of \$2,000 or less. Deposits can be made or withdrawn by mail. Money loaned on legal security at lowest rates.

OFFICERS: PRESIDENT: CHARLES P. SMITH, President. VICE-PRESIDENT: HENRY GREENE, Vice-President. TREASURER: E. S. ISHAM, Asst. Treasurer. TRUSTEES: C. P. SMITH, WILLIAM CRANE, HENRY GREENE, J. L. HADSTON, HENRY WELLS, E. W. WOOD, A. G. WHITTEMORE, F. W. PERRY.

THE BURLINGTON TRUST CO.

Capital \$ 50,000 Surplus 243,000 All business entrusted to us will receive prompt and careful attention. F. W. ELLIOTT, Treasurer.

WINOOSKI SAVINGS BANK

WINOOSKI, VT. Has not met with a loss from any loan made during the last thirty years. Is that not safe and conservative management? Call at the bank or write for particulars. Assets \$1,405,373.60 ORMAN P. RAY, Pres. ORMOND COLE, Treas.

Home Savings Bank

BURLINGTON, VERMONT. We make no discrimination whatever between large and small depositors; all are treated exactly alike. C. S. ISHAM, President. N. K. BROWN, Treasurer.

A NEW INDUSTRY.

Articles of Association Filed by Light and Heating Company. The articles of association of the Green Mountain Light & Heating Company were filed Saturday in the city clerk's office. This company is organized for the purpose of making, selling and dealing in lighting and heating apparatus, including and operating light and heating plants, selling and leasing rights to use lights and heating systems and doing all things connected thereto. The company will install plants in houses for heating and lighting by gas and will therefore do a large part of its business in the country and in places which have no commercial gas plants. One of these plants is now in operation in the residence of J. P. Cobb, Jr., at the corner of Main and Pine streets. The company is capitalized at \$100,000, the incorporators being the G. S. Hubbard company, C. D. Conway, J. P. Cobb, Jr., Dr. D. H. Hawley of Burlington, William M. Spear, John T. Spear of Charlotte, Nicholas & Parker of Essex Junction, T. E. Puddington of Hampton Corner, Me.

Howard National Bank

Burlington, Vt. Capital \$300,000 Surplus and Profits 150,000 J. H. GATES, President. F. E. BURGESS, Vice-President. H. T. RUTTER, Cashier. H. S. WEED, Assistant Cashier.

Low Rates TO THE Pacific Coast

Ang. 30th to Oct. 30th VIA CANADIAN PACIFIC RAILWAY \$49 10 FROM BOSTON AND OTHER NEW ENGLAND PORTS. Through Tourist Car Service. Dining Cars. Magnificent Scenery. Full details upon application. When writing please mention destination. E. R. PERRY, D. P. A., 302 Washington St., BOSTON.

Two Undoubted Facts

First, STOOPING over books and papers that lie in a HORIZONTAL position on a desk or table, is one CAUSE OF ROUND SHOULDERS and NEAR SIGHTEDNESS. Second, ROUND SHOULDERS are straightened by the use of the Bartley Copy Holder and Book Rest. It supports books and papers BEFORE the eyes, as on a music rack, giving DIRECT instead of OBLIQUE vision. \$1.00, \$2.00, \$3.00 each, according to size. N. B.—Book Opener free with each. FREE PRESS ASSOCIATION.

THE DEATH OF MRS. CAROLINE A. CANNFIELD AT HER HOME ON WILLIAMS STREET LATE SUNDAY NIGHT, SEPTEMBER 8, HAS REMOVED AMONG THE LOST MEMBERS OF THE LATE BISHOP HOPKINS' IMMEDIATE FAMILY, THE REV. WILLIAM CYRIL HOPKINS OF TOLEDO, OHIO, BEING NOW THE SOLE SURVIVOR OF THE BISHOP'S 13 CHILDREN. Mrs. Cannfield was one of four sisters and next to the youngest child. She was born in Burlington January 4, 1838, six years after her father came to Vermont because of the death of his wife. Almost without a break Burlington has been her home, her marriage being spent in her girlhood home, the bishop's house at Rock Point. On September 19, 1860 she was united in marriage at St. Paul's Church in Burlington, with the late Hon. Thomas Tawley Cannfield, in which union were born five children, three sons and two daughters, of whom all are living but the oldest son. She possessed many of the qualities of her distinguished father, zeal, enthusiasm, devotion and love, qualities which attend as the best member of a list, are likely to be there of excess rather than of defect. A conscientious and devout Christian woman, she will be missed by all those who have known and esteemed that older generation of Burlington people now rapidly passing away. Her burial will be in the cemetery at Rock Point on Thursday afternoon, September 12, at 4:30 o'clock and the interment beside her husband at Rock Point.

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