## True Economy

The difference of cost between a good and a poor baking pow= der would not amount for a fam= ily's supply to one dollar a year. The poor powder would cost many times this in doctors' bills.

Royal Baking Powder may cost a little more per can, but it insures perfect, wholesome food. In fact, it is more economical in the end, because it goes further in leavening and never spoils the food.

Royal Baking Powder used always in making the biscuit and cake saves both health and money.

You cannot, if you value good health, afford
to use cheap, low-grade, alum baking pow.


ROYAL BAKING POWOER CO.;' 100 WILLIAM ST., NEW YORK,

## News of the Week.  Last weause Burton Miller and Frank Wetmore, young men of Lewisvills and Mon  act and pladed "gullty." Wetmore was sentenced to troe years and Miller two years in the penientiary.   job. At St. John, Sunday nlght, the police raided, arreoted thirteen Colestestials. Mr. F. S. Whittaker, Insurange azent, St. John, is charged wtrc asing then names of several Nora Scotians unlawfully. AN EXTENDED EXPERIENCE,   <br> Test Them <br> 


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## SEARS OF PAIN

## The Experience of Mr. William

 Smith, of Hawkesbury who Suffered for Many Yearsfrom Kidney From the Post, Hawkesbury, Out.
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LITERARY NOTES.
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## OPFHS SERF. 10TH. GLOSES SEPT.


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