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**Tough on The Dog**

As an example of household economy in the present era of high prices, the following bit should serve as a model to all wives tending to be extravagant. Provided the family got enough to eat at each meal, there should have been no complaint from any one, with the possible exception of the butcher and the dog. Says a writer in the Chicago Record Herald:

Mary.  
Ma'am?  
"What about that ham bone I brought home the other day? Can't you cut a few scraps of meat from it for dinner this evening?"  
"I cut off all the meat I could night before last for dinner."  
"Well, then, you might boil it this evening. We'll have soup."  
"Yes, ma'am. And what do you want me to do with it then?"  
"To-morrow morning you might see if you can't get enough marrow out of it to grease the griddle for pancakes."  
"Yes, Ma'am."  
"And, Mary, after that you may give it to the dog."

**THE GREATEST ICE RIVER**

The greatest known ice-river in the world is the Beardmore Glacier on the antarctic continent, discovered and traversed by Lieutenant Shackleton's party. It is 100 miles long and 50 broad, is shut in between lofty sandstone mountains, and descends 6,000 feet in its course. It forms the only visible outflow from the vast expanse of the south polar ice-cap. One of the explorers narrowly escaped falling into a crevasse at least 1,000 feet deep. He was saved by his harness.—Youth's Companion.

There is a much agitated speaking and writing going on in Ontario and Quebec over the position taken by Dr. Fallon, Roman Catholic Bishop of London, on the question of bilingual teaching in the schools of Ontario, the French of Ontario and Quebec deeply resenting what they consider is an attempt to eliminate their language. Bishop Fallon takes the ground that owing to the system carried out the children suffer, the result being that they know neither French nor English and are not educated.—World Wide.

The young King of Siam wears the crown but France holds the sceptre. The Siamese are one of the little peoples for whom there seems to be no place in these days of national mergers.—Toronto Globe.

**DOCTORS FAILED. RESTORED BY PERUNA.**

**Catarrh of the Lungs Threatened Her Life.**

Miss Ninette Porter, Braintree, Vermont, writes: "I have been cured by Peruna."  
"I had several hemorrhages of the lungs. The doctors did not help me much and would never have cured me. I saw a testimonial in a Peruna almanac of a case similar to mine, and I commenced using it."  
"I was not able to wait on myself when I began using it. I gained very slowly at first, but I could see that it was helping me."  
"After I had taken it a while I commenced to raise up a stringy, sticky substance from my lungs. This grew less and less in quantity as I continued the treatment."  
"I grew more fleshy than I had been for a long time, and now I call myself well."

**CHILDREN AND GYMNASTICS**  
Injurious Exercises Taught in the Public Schools.

(Mrs. Dorr, in 'Hampton's Magazine,' New York.)

Ever since gymnastics and athletics were admitted into the schools, the educators and the directors of physical training have discussed the respective merits of the Swedish 'system,' the German 'system' and a half dozen other 'systems,' devoting much of their research to inanimate things instead of the human child. 'System,' once the breath of life of the educational machine, under the search light of school hygiene is rapidly falling into disrepute.

In Boston they used to be devoted to the Swedish system of gymnastics. Several generations of children were put rigidly through its routine before Dr. Harrington, director of the bureau of school hygiene, announced that the Swedish system, admirably adapted to adults, was too heavy a physical and mental drain on children. Faulty posture, deformed pelvises, curved spines, flat feet, broken arches of the foot were directly due to the gymnastic exercises upon the helpless children in the public schools of Boston.

The children's institute in connection with Clark University, Worcester, Mass., has at the head of its department of child hygiene Prof. William H. Burnham, who has made some extraordinary studies in the hygiene of physical training. To be more exact Prof. Burnham's studies have been concerned chiefly with physical education, for the aim of school gymnastics is not, or at least should not be, the development of athletes.

According to Dr. Burnham, there is a world of psychological difference between young children and children in their teens—differences in circulation, heart action, nervous structure, and the power of the nervous system for storing energy. It is a physical impossibility for a child below the age of 13 to store to the neuro-muscular energy which results in hardened and increased muscles. A child is incapable of 'training' in the athlete's sense of the word.

Boys and girls under the age of 13 or 14 should not, therefore, exercise with apparatus at all, unless the light dumb bell and Indian club be excepted. They should play, and play, if possible, out of doors. And their play needs regulation.

A boy of 16 running 10 miles draws heavily on the muscles of his legs and the resisting power of his heart and lungs. His organs not directly concerned in the effort of running retain their store of energy. A boy of 12 running the same race, draws on his single reservoir of energy, and he finishes the race in a state of toxic fatigue.

The toxin or poison of fatigue is a real poison, quite as real and every bit as dangerous as the toxin of diphtheria or smallpox. It has been tested in the laboratory and studied in the hospital. Injected into the veins of small animals the poison kills. Formed in the human system it may permanently weaken and debilitate.

This being true we have not much difficulty in agreeing with Dr. Burnham that the exercise of children and youths should be as carefully graded and supervised as their cultural studies. Athletic contests, long distance runs, football, cricket, and most gymnasium apparatus should be forbidden children under 14. They should never be allowed what is known as strength gymnastics, that is, gymnastics that call for the exercise of violent or long continued muscular energy. Weight machines, punching bags and heavy dumbbells should never enter into the exercises of children.

The Premier of Spain replying to questions in the Chamber of Deputies said that the government were convinced that there were already too many members of religious orders in Spain and it could not tolerate any further accretion to their ranks by allowing the orders expelled from Portugal to enter Spain. Those of Spanish nationality would be allowed to remain, but foreigners must go or be expelled.—World Wide.

The British Government has finally agreed to give Canada full control over foreign copyright regulations in the Dominion. Heretofore a British copyright was effective in Canada and an American publisher obtaining a British copyright was also protected in the Dominion. A Canadian copyright will be necessary, under new laws to be enacted as once Bills will be introduced in the British and Canadian Parliaments when they reconvene enacting the new regulations, which are in accordance with the Berlin Convention of two years ago. Canada will be enabled to make reciprocal arrangements with other countries.—World Wide.

**Death of The Queen's Brother.**

The English Royal Family is in mourning, the death of the Queen's brother being announced. Prince Francis Joseph Leopold Frederick of Teck was born in Kensington Palace, 9th January, 1870 and was educated in England. He was the second son of the late Duke of Teck and Princess Mary Adelaide of Cambridge, was an officer in the Dragoon and had seen service in Egypt and in South Africa. There will be much sympathy with Her Majesty in this bereavement.—St John Globe.

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The Ogilvie Mills are models of up-to-date equipment—the machinery is the most advanced and most expensive—the inspection laboratory and test baking departments are the most complete and scientific in the world.

It has taken enormous Capital and the experience of a life time to achieve the absolute uniformity of Royal Household Flour. The watch, watch, watch and test, test, test which have made ROYAL HOUSEHOLD FLOUR the world's finest flour are your permanent safeguard as to quality.

Royal Household Flour is best for bread, best for cakes, best for pies, best for all household baking.

To be sure of uniform results in baking whether for bread or pastry—use Royal Household Flour and stick to it.

Write for "Ogilvie's Book for a Cook". This book contains 125 pages of excellent recipes many of which have never before been published and will be sent free if you mention the name of your dealer.



**THE WOMAN'S HOME COMPANION FOR NOVEMBER.**

At this exact moment houses are being renovated, wardrobes replenished, and Christmas, in a measure, anticipated. Add to this bit the great holiday of Thanksgiving, now almost upon us, and we realize the need of counsel and suggestion. The November Woman's Home Companion seems to take all these points into more than careful consideration, and presents to the public a remarkable magazine, which besides being rich in itself gives a most vivid promise of what the Christmas issue will be.

Among the stories we find the beginning of "The Admiral's Niece," an absolutely charming novelette by Kate Douglas Wiggin Mary and Jane Findlater and Allan McNaly. "True Love," a serial story of the stage, reaches a point of great interest in this issue. "Buried Gold," by Richard Washburn Child is a distinct departure from the ordinary short story, and "Squiggles' Turkey," by Ralph H. Graves, is the sort of Thanksgiving tale Dickens might have written had he been an American. Besides these there are many other excellent stories.

Among the attractions for children in this issue of the Companion are "The Adventures of Jack and Betty," by George Alfred Williams and Clara Andrews Williams, an entirely new cut out feature in color, better than paper dolls, more exciting than a story; and for these same young readers Rose O'Neill has provided a new page of "Kewpies."

Anna Steese Richardson continues her remarkable articles about Suffrage, and Christine Terhune Herrick contributes a timely and beautiful article called "What Shall Children Read?" The big department of Home Decoration and Handicraft leaves nothing to be desired, and Miss Gould's Fashions and Fashion Talk will be used by every woman who wishes to be well dressed this autumn.

**Portugal Now Quieting Down.**

LISBON, Oct 22—Decreases have been published abolishing the exceptional laws put in force with the advent of the Republic including those concerning anarchists and restraining the newspapers from publishing undesirable news. All the bishops and the members of the clergy have announced their adhesion to the Republic.

Soldiers who have fought in the revolution have been granted four months of absence with full pay. The minister of the Interior has declined to introduce a number of measures favored by the Socialist party, which has promised to support the government.

**A DAILY THOUGHT**

Our greatest glory is not in never falling, but in rising every time we fail.—Confucius.

**Food Standard**

A Despatch from Ottawa announces that new food standards have been prepared and that they will soon become law. These cover milk and its products meat and meat products and grain products. These standards are new in the sense that they more clearly and enforcing the law respecting the adulteration of foods and the sale of unwholesome food products. Heretofore there has been a lack of any definite or adequate legal standards on which to base prosecution for manufacturing or selling fraudulent goods. It is clearly in the farmer's interest that every form of fraud in the sale or manufacture of food products should be stamped out. There is no adulteration in food products as they come from the farm, although a farmer here and there may endeavor to add water to or take cream off milk supplied to cheese factories and the like. It is after the products get out the control of the farmer that adulteration or fraud creeps in. We have no filed cheese or oleomargarine in this country but there are other things in the food line that afford room for doubt. Take maple sugar as an example. No product on the market is so adulterated as this. The consumer does not know whether he is buying pure maple sugar or not though he pays his good money down for it. Here is one thing where some good can be done by looking after food standards.—Canadian Farm.

**Rock Gold Strike in Australia.**

Melbourne, Aus., Oct. 25.—The Bullfinch gold discovery gives promises of great values. Some specimens of ore indicate an average of 400 ounces to the ton. A rush has been started over all Australia and expert seek peggers, "wildcat" promoters and option hunters are crowded in the field. The government has surveyed the township site and within a month building blocks will be ready for action. The marvellous lode has not yet been found to extend beyond Bullfinch, but companies claim that it continues and have floated many claims beyond the district. There is a frantic speculation on the Adelaide and Melbourne exchanges.

Mr. Doolittle who purchased Bullfinch for £25,000, is now reckoned to be worth £1,000,000. He was originally a tailor in Adelaide, and made a fortune in the Kalgoorlie mines.

"Little" Portugal is still the third greatest colonial power in the world. Only Britain and France surpass her. Had the Portuguese revolution resulted in a condition of chaos there would have been a keen scramble for Portugal's colonies and possibly a general European war.—Toronto Globe.

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Don't forget that this painting will cost you more at any art store than the price you pay for the Photos

Call and see me at my new Studio. All work guaranteed second to none in the Province

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A spoonful of flour added to the grease in which eggs are fried will prevent them from sticking or breaking.