

Meals!

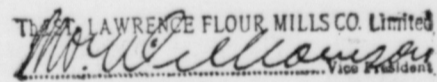
LOTS of home baked bread, cake and pastry are always welcome. But baking is not always an easy job. Perhaps we can help you. Here is a truth backed by honest proof.

Help:

Regal Flour readily yields the best quality and the utmost quantity of bread per barrel of any flour in the world. Makes light, white loaves. And such meltingly flaky pastry.

Proof:

Try Regal once. If it is not just as good as we have promised, your dealer will return your money. We then have to pay him back. So unless you like Regal we lose completely. Isn't it fair to expect that Regal will mean easier, nicer meals?



Base Ball

Game played in Connell Park on Thursday.

Marathons.

	AB	R	H	PO	A	E
O'Brien, 3b	4	0	2	0	1	0
Fraser, lf	3	0	0	1	0	0
Pinkerton, 2b	4	0	1	3	3	1
O'Donnell, rf	4	0	1	3	0	0
Dutton, lb	4	0	0	12	0	1
McGovern, c	4	0	1	4	1	0
Riley, ss	4	0	0	1	3	1
White, cf	3	0	0	0	0	1
Winter, p	3	0	0	0	5	0
Totals	33	0	5	24	13	4

Woodstock.

	AB	R	H	PO	A	E
Black, cf	4	1	1	2	0	0
Williams, 3b	4	0	1	2	3	0
Duff, lb	3	0	0	10	0	1
Perley, lf	4	1	1	1	0	0
Stone, c	3	1	1	7	0	0
Lamorey, rf	4	0	3	2	0	0
Callahan, 2b	4	1	1	2	0	0
Doherty, ss	4	1	1	2	0	0
Hanley, p	2	0	0	0	4	1
Totals	32	5	9	27	10	2

Score by innings:—

Woodstock	0	0	3	0	0	1	0	1	x	5
Marathons	0	0	0	0	0	0	0	0	0	0

Batteries—Winter and McGovern; Hanley and Stone. Umpires, Steve White and Harry Delano. First base on balls, off Hanley 1. Struck out, by Winter 4, by Hanley 6. Hit by pitcher Fraser.

JACK JOHNSON'S CAFE

(Exchange.)

Johnson, the colored puglist, who defeated Jeffries in the famous fight at Reno, in California, has spared no pains and expense to make his new cafe at Chicago a luxurious resort. As regards elegance and taste its owner considers that the eating houses of the world are totally eclipsed. "Ah might modestly say," said Mr Johnson, in an interview prior to the opening "that ah have travelled some. De cafes ob Paris an de old inns ob London knows me well. But all the Mahtans, Rectahs, and Moulin Rouges rolled into one house coulpn't get into de ring with dis little eat emporium ah's startin' heah." A portrait of

Johnson, who admires himself, is framed in twenty-dollar gold pieces set with diamonds, Oil paintings of Johnson's father and mother are in the entertainment parlor.

Almost Home

(By Mrs. E. E. Gill)

"Tis evening, and the moon across the sky
Shines brightly o'er the city's motley throng;
In pensive mood I think of things gone by
And tune my meed of praise in evening song.
I sing, Sun of my soul, my Saviour dear,
(The willow trees waft back the glad refrain),
There is no night if thou, my God, art near;
No darkness is where thou dost rule and reign.
The night of death is near, the day of life
Is dawning on my soul in perfect peace;
I'm resting 'neath his wing, free from earth's strife,
No earthborn clouds arise while years increase.
When softly dews of kindly sleep shall come,
My wearied eyelids gently close to rest,
Be my last thought, I'll wake in haven, my home,
Reclining sweetly on my Saviour's breast.
But while life lasts help me to labor on,
And lead some soul to Jesus day by day;
So I may hear the Master say, 'Well done!
Thou has been faithful to me all the way.

Unearth \$125,000 of Lieut Becker's Blackmail Money

New York, Aug. 22.—District Attorney Whitman gave out the information this afternoon that he had unearthed six more bank accounts of Police Lieut. Becker, showing deposits of about \$125,000.

The state's attorney has now located sums of money aggregating \$125,000 held on deposit in several banks by the accused police officer.

General Miles told army stories at a dinner one evening. "There is a lot of humor, real humor, to be found on battlefields," he said. "I remember the case of a retreat which was really a rout. In this retreat the commanding general, as he galloped along the line, turned to an aide, who was urging his horse to the limit, and asked: 'What brave troops bring up the rear?' The aide, without the slightest hesitation, replied: 'Those who have the worst horses, sir.'"

THE COST OF LIVING (Somerville Journal)

The cost of living's awful. There is no doubt of that; Your wife pays sixty dollars For a simple little hat. And lobsters cost a dollar, If you order them broiled alive, And if champagne goes with them, That brings the check to five. And autos are expensive, Apart from gasoline; There are so many fittings That go with the machine. You think, perhaps, to own one Is cheaper than to hire, And pop goes fifty dollars Each time you bust a tire. It's no use saving money, For you are sure to lose, Why, now it costs a nickel Each time you shine your shoes! The cost of livings awful If you are prodigal, But there's one way to beat it: Be e-co-nom-i-cal!

"Teddy" Roosevelt

(Chatham World)

"Col. Roosevelt is now supremely happy. He used to belong to a party: now he has a party of his own, one that belongs to him. He has created it. He created it to nominate its creator for the presidency, after the republican party had refused to do so, and it has performed its work. Some objector may say that its work is to elect its owner, but that by no means follows. There is no expectation whatever of Col. Roosevelt's election. He must know that. Expectation of election is not necessary to the Colonel's happiness. Ecstasy is possible to him without hope. To be a leader, to be a candidate, to be booted and spurred and mounted for combat—that is enough for him. His candidature, at this distance, looks like a howling farce. It is impossible to believe that anyone of his train can take him for anything else but an inflated egotist who poses as a statesman. They must follow him around just as the small boy follows the circus or the organ grinder's trick monkey.

Record Broken

The world's typewriter speed record for one hour's continuous writing on unfamiliar copy was broken by Miss Florence E. Wilson of New York in the national contest held under the auspices of the National Commercial Teachers' Federation at Spokane last week. Miss Wilson copied 7,219 words in the hour with 68 errors. Deducting five words for each error, this gives her a net score of 6,879, or an average of 115 words per minute. The former record, held by H. O. Blaisdell of New York, was 112 words per minute.

The Virtues of Chocolate

"Sweetmeat, food and stimulant in one"—such is chocolate, according to the verdict of a writer in The Lancet (London) who defends this substance against what he calls some silly things that have recently been said about it. Certain writers have attempted with an air of authority to discount its value as an article of food. Eu practical experience long ago decided that chocolate is a good sustaining food and this finding the writer thinks not at all surprising, considering the food substances which well-made chocolate contains. He says: "There are present in it all needful classes of alimentary materials—fat, carbohydrates, proteins, and mineral salts, including a notable proportion of potassium phosphate. In addition, chocolate is mildly stimulating and exhilarating to the nervous system when run down through fatigue or worry. The alkalioid, theobromine, is probably responsible for this, but its action is less marked than that of the corresponding alkalioid in tea, caffeine."

Drying Plums

Split ripe plums before they get soft and mushy, remove the pits and lay the plums on plates or sieves to dry, setting in the sunshine if possible, but if not, in a warm oven. If in the sunshine



Golden Seal, the root of the above plant, is a very useful medicine. Many people gather it in our rich woodlands during the summer. Few people know how valuable it is in dyspepsia, catarrh, and as a general tonic. Many thousand pounds of this root are used each year in the famous catarrh remedy, Peruna. This fact explains why everybody uses Peruna for catarrh.

take in at night before the dew begins to fall, and do not put them out again until the sun can shine on them; turn the pieces that may be dried evenly; pack them in jars when dry, or in paper bags hung in airy places.

Charged According

"Loogy, yuh, Dactah," a triflingly hyper-critically carped Mr. Fagg who had recently recently recovered from an illness. "Dis yuh bill of yo'u is mighty high, peahs like." "It mought look at-up-way to yo,' sab, at de fu-t sight," replied Doctor S'asher. "But yo' fevah was mighty high, too. I gravitates muh fees cawdin' to the ponderosity c' de malady; de loftier de fevah, de taller de bill, salt."

Detective Burns Ill From Ptomaine Poisoning

Denver, Aug. 22.—William J. Burns, the detective, is sick at a local hotel, suffering, it is said, from ptomaine poisoning. No one is allowed to see him except his physicians and nurse. A report gained currency here that Burns had been the victim of a poison plot, but little credence is placed in the rumor.

No Beggar

(Norman E. Mack's National Monthly.)

"Have you been begging cookies from Mrs. Brown again?" asked his father, sternly. "No," said Tady; "I didn't beg for any. I just said this house smells as if it was full of cookies, but what's that to me?"

Suffragettes Extend Their Operations

Marientad, Bohemia, Aug. 22.—A number of English suffragettes yesterday went to the hotel where David Lloyd-George, the British Chancellor of the Exchequer, is staying and struck off his name from the visitors' board. Afterward the suffragettes waited for him in the street, shouting "Votes for women."

Hoboes Made A Serious Mistake

The Calais correspondent of the Bangor-Commercial gives the following account of this occurrence: "Three hoboes, who were touring New Brunswick, struck, the wrong proposition when they went up against a Meredith, N. B. farmer on Monday evening, and as a result one of the trio in the Chipman Hospital at St. Stephen with a bullet wound in his leg. The three worthies appeared at the home of the farmer and demanded food, which was refused them, and when the farmer closed the doors of his domicile against them, the hoboes immediately started to tude."

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The Reliable Hairdresser REGENT ST - WOODSTOCK

Indigestion

If you are suffering from indigestion and the attendant distressed stomach, you should give Mi-o-na, the guaranteed remedy a trial. Mr. William Shafer of 230 Queen's St. S., Berlin, Ont., says: "For years I have been a sufferer from acute indigestion, which caused the most distressing pains in my stomach. I decided to try Booth's Mi-o-na Tablets and they have done me more good than anything I have ever used. I am now more free from this trouble than I have been for years. I am pleased to endorse and recommend this remedy to all who suffer with stomach trouble."

Remember Mi-o-na Tablets are guaranteed to cure acute or chronic indigestion and turn the old stomach into a new one in a few weeks. All druggists 50c. a box or postpaid from The R. T. Booth Co. Ltd., Fort Erie, Ont. Sold and guaranteed by E. W. Mair.

break and enter and obtain with force of arms the food' which was denied them. The farmer man got busy at once and a rifle fired at the marauders soon put them to flight the peace of the community being quickly restored. The farmer noticed that two of the tramps were carrying the third member of the party but thought no more of the matter until later in the evening, when the discovery was made that they had deserted their wounded companion and left him to perish by the wayside where he was found by a resident of the village. Later he wounded hobo was taken to the Chipman Hospital, where it was found that his injury was not of a serious nature. He gave his name as James Smith, and his residence at Toronto but this is not considered as being reliable. At this time of year the tide of hobo immigration sets in from the provinces to the states, and farmers in the sparsely settled country districts are subjected to much annoyance from the travellers. An individual with sufficient tact always manages to get enough to eat as he journeys, but when they come in pairs and trios they are usually imprudent and the farmers have come to resent their acts and attitude."