

THIS BARREL

Contains flour guaranteed to give satisfaction or you get your money back. Regal Flour is always preferred by careful cooks because it insures good bread always—and palatable as bread can be made.

REGAL FLOUR



MAKE NO MISTAKE. Always insist upon Regal Flour and you can be sure of the quality.

THE ST. LAWRENCE FLOUR MILLS COMPANY LIMITED. MONTREAL



Sawdust To Extinguish Fires.

Every one knows how hard it is to extinguish a fire of certain inflammable liquids, such as varnish lacquer and gasoline. People generally use sand, but some one has lately discovered that sawdust is better. In several trials, even a thin layer of sawdust proved to be sufficient, and it did not make any difference whether the sawdust was wet or dry, or from hard wood or soft wood. To put out the same fire with sand took a larger quantity of material and a longer time.

How's This

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENEY & Co., Toledo, O. We the undersigned have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm. W. ALDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists. Take Hall's Family Pills for constipation.

Don't Neglect Sore Throat.

Dust, dampness, diphtheria, and other germs are the chief causes of sore throat. Sudden chilling of bare feet, coddling, mouth-breathing, overcrowded and over-heated dwellings and impure air sometime serve as the first wedge. Sore throat in young or old should not be neglected. The first and best principle of treating it is NOT TO GET IT. Avoid contact with people whom you know to have sore throat. Keep plenty of fresh air in your living and sleeping rooms. Simple sore throat in healthy adults is not often serious unless it frequently recurs. Sore throat among children should always be a matter of immediate and serious consideration: because— They "catch" it more easily. They cannot be depended on to guard against it. Some are too young and others

don't know enough to complain about it.

It is more often diphtheria. Their resistance to disease is not as great as that of a grown person.

The safest thing to do, if the child has a sore throat, is call in a physician.

It might not be serious, but it isn't safe to take chances.

Strawberry Jam.

To one pound of fruit allow three-quarters or one pound of sugar. To four pounds of strawberries add one pint of red currant juice. Put the currant juice and strawberries on to boil for thirty minutes, and stir carefully all the time. Then put in the sugar and boil up quickly for twenty or twenty five minutes removing any scum that arises. Put in to jars, and seal with paraffine. If a pound of sugar is used there will be more jelly.

Strawberry Sunshine Preserves.

For strawberry sunshine preserves, put into a large preserving kettle in alternate layers, equal parts of fruit and sugar by weight to a depth of four to six inches. Put over the fire and let come slowly to a boil; skim and boil slowly for ten minutes then pour the mixture into large platters to a depth of about two inches, set in the sunshine covered with glass, wire screens, or other protection from insects, and leave in the hot sunshine for five days. Then put into glass tumblers and seal.

Strawberries And Pie Plant.

Measure equal quantities of strawberries, chopped pie plant and sugar, put into a suitable vessel and boil rapidly for fifteen minutes. Pineapple may be used instead of the pie plant; and no more than two or three pints should be cooked at once. Pour while hot into jelly glasses, or small cans, cover with paraffin paper, and keep cool.

Gingerade.

Break one-fourth of an ounce of ginger root in small pieces and boil for twenty minutes in one quart of water, keeping the original quantity of water by adding to it as it evaporate; add one scant cupful of sugar, and then take from the fire. Mix with the strained tea the juice of two or three oranges and one lemon, and serve very cold.

A Sensational Report From Rome.

NEW YORK, June 25—A cable to the Tribune from Rome says:

For some time past reports have been current that several powerful members of the College of Cardinals have determined to demand from the pope the removal of Cardinals Merry Del Val and De Lai from their present places of practically omnipotent power. The reports emanating from circles known to be hostile to the Vatican, were first set down as mere anti-clerical scandal, and nobody paid much attention to them. Now it seems that they are far from fully covering the gravity of the break between the liberal and ultra-conservative Princes of the Church.

Cardinal Merry Del Val is the accepted leader of the latter party. Cardinal Rampolla is the leader of the Liberals. Through the visit, yesterday, of Cardinal Rampolla to the Pope the facts in the case are partly available and these come from sources which can be considered almost semi-official.

Cardinal Rampolla and those who agree with him hold that the manner in which Cardinals Del Val and De Lai are prosecuting their campaign against modernism is likely to embroil the Vatican in further dispute, such as those between the Church and France Portugal and Spain. The Liberal Cardinals do not suggest that Cardinals Del Val and De Lai have been imbued by other than the highest motives (which is the suggestion coming from anti-Vatican quarters) but they do contend that if Pope Pius is to realize his desire to "restore all things in Christ," Cardinals Del Val and De Lai must be supereded.

It has been proposed to Pope Pius to appoint either Cardinal Vincenzo Vannutelli or Cardinal Ferrata as Papal Secretary of State. The Pope is distressed by the situation and has endeavored to reconcile the two parties, but without success.

To Canadians and Americans the most interesting fact, which has just come to light, is that as a direct result of Cardinal Rampolla's conference with His Holiness yesterday, Cardinal Falconio, formerly Papal Delegate in Ottawa and Washington, may be called to direct the state craft of the Vatican. Pope Pius, it is said, himself suggested Cardinal Falconio as a compromise secretary. The matter is likely to rest for a few days, but a final decision cannot be long delayed.

It is believed that another Consistory will be held in October, and that nine prelates will be elevated on this occasion to the Sacred College.

Earthquake Shocks

Recorded At Brussels.

BRUSSELS, June 27—The instruments in the observatory here recorded earthquake shocks between 5.15 and 8 o'clock Thursday morning. It is believed that the shocks were among the ads is northeast of Australia.

Its delicious Aroma and all-around Good Qualities are preserved in the Sealed Lead Packets in which "SALADA" is alone sold—

"SALADA"

BLACK or . . . } BOTH EQUALLY PURE
NATURAL GREEN } TRY-A-PACKET.

HORSES MADE BLIND PURPOSELY IN CHICAGO.

CHICAGO, June 26—That a number of horses in Chicago have been deliberately made blind to make them more easily managed is the report of the agents of the Anti-cruelty Society whose curiosity was aroused by the docility of young and apparently normal animals. Warrants will be asked today for horse dealers accused of the mutilation. "These horses have been blinded by men who guarantee to purchasers that they will not shy and need no blinders," said Hugo Kraus, superintendent of the society. "A needle has been jabbed through the retina. The wound is scarcely noticeable, but a horse so treated never will see again."

Caterpillars At Work.

A correspondent at Tweed, Ont., writes as follows: "I suppose you have heard of the worms being very bad in this section of the country? They have cleaned up nearly everything down this way, and many orchards have been killed by them. I stopped on a hill the other day and counted 28 woods I could see within a radius of a few miles, they were all stripped bare of leaves. It was certainly a queer sight. The country about Tweed, Madoc and Tamworth looks as if a forest fire had gone through, and quite often the trains have been delayed. Most of the woods are maple, and quite a number of the trees will die. Upon inquiring I found none of the crops injured except the raspberries and small fruits. They have had heavy frosts which have shortened the hay crop, but the grain looks good."

Canadian Farm.

A restaurant reform is to be undertaken in Paris. The open-air parts of the cafes will be allowed to occupy only one-third of the sidewalk after July 1, and where the sidewalks are narrow no chairs may be placed beyond the proprietor's grounds.

The French government plans to spend more than \$23,000,000 in improving the harbor of Rouen and the channel of the River Seine.

The London Morning Post states that preliminary steps are being taken by several leading shipping companies interested in the chilled meat trade between South America and the United Kingdom to unite in fighting the American Beef Trust in the British market. The scheme provides for the construction of a fleet of steamships of special design for use by way of the Panama Canal.

A Bad Stomach

Mrs. S. Keast, of Clarksburg, Ont., says "A bad stomach trouble that had bothered me for years, baffled and puzzled skilled physicians, was nicely relieved by Mi-o-na. My food would not digest but fermented in my stomach, forming a gas that gave me untold suffering and pain and also made me weak, nervous, irritable and unable to rest. Since using Mi-o-na I can go to bed at night and sleep and wake up in the morning refreshed. I cannot speak too highly of Mi-o-na."

The dyspeptic nervous or otherwise, who does not give Mi-o-na a trial is losing an opportunity to regain health, for Mi-o-na tablets are guaranteed to cure dyspepsia and all stomach disturbances, such as vomiting of pregnancy, sea or car sickness and the stomach sickness after a banquet. All druggists, etc., or from The R. T. Booth Co., Ltd., Fort Erie, Ont. Sold and guaranteed by E. W. Matthews.

Statistics which have been published assert that the number of medical men in the whole of Europe amount to about 100,000.

Nothing Is New Under The Sun.

LONDON, June 24.—According to Dr. Muthu, of the Mendip Hills Sanatorium, Hindu doctors understood the germ theory and inoculation 6,000 to 8,000 years ago. In an address delivered before the Royal Society of Medicine, Dr. Muthu said that the Hindu civilization was the most ancient in the world and that their medicine was

It has been demonstrated thoroughly that automobiles can be operated in a temperature as low as 70 degrees below zero.

as old as their civilization. They excelled, he said, in materia medica and chemistry; they were the first among the ancients to practice the dissection of the human body and to employ minerals and mercury internally. They understood the germ theory, the circulation of the blood and inoculation of smallpox. Their successful treatment of snake bites astonished Alexander the Great, and their surgery was bold and skillful, for, not only did they set broken bones but they trephined the skull, gave anaesthetics in serious operations and even amputated limbs.

Spring-operated tongs have been patented by a Wisconsin inventor to fill ice-cream cones in a cleanly way and without waste.

Twenty-five years ago, Argentina had to import its flour. To-day it sells wheat to the world, the annual harvest value amounting to more than \$500,000,000.

DEARER THAN GOLD

Many Metals Are Far More Costly—Some Are Peculiar

Gold is generally looked on as the last word in costliness; but, as a matter of fact, there are more metals dearer than gold than there are cheaper. The number of known metals is about seventy.

Iridium, for instance, of which a big find was made recently in Austria, is three times as expensive as gold. Gold is worth nearly \$20 an ounce. Iridium is worth some \$62, though the price will probably come down now.

Osmium is another metal much dearer than gold. It costs about \$50 an ounce. It is by far the heaviest of all known substances, being more than twenty-two times as heavy as water. This metal has the peculiar property of being able to stand without melting the most intense heat known.

Palladium—about \$40 an ounce—is just the reverse. It is quite easy to make palladium-vanish in steam. Being of a white, silvery color, and untarnishable, it is used for the division marks on scales and delicate scientific instruments.

UNCLE OF EUROPE

Prince Waldemar of Denmark, though still a comparatively young man, fifty-four years of age, is uncle to five rulers of Europe, the Kings of England, Denmark, Norway, Greece, and the Emperor of Russia.

Prince Waldemar, besides being an Admiral in the British navy, is interested in commercial ventures. He is a personal and intimate friend of several East Asiatic rulers, especially the King of Siam, and his friendship may to a great extent be credited to the success the "East Asiatic Company" has achieved in East Asia. The Prince is the only surviving brother of Queen Alexandra, and after the death of his brother King George of Greece he inherited the title "The Uncle of Europe."

Clever Painter

A Russian artist has invented a method for painting several theatrical scenes on the same canvas, the pictures changing as the light thrown on them changes.