

# BACK of EVERY LOAF

You put in the oven, must be good flour or your bread will be a failure.

## REGAL FLOUR

is your best guarantee of success in bread making, and if you see to it that every barrel of flour you buy bears the **REGAL** brand, you can be sure you have the **one** flour that excels in every good quality.

Buy a barrel today, try it, and if it isn't satisfactory we'll give you your money back.

The St. Lawrence Flour Mills Co., Ltd.  
Montreal



### Hard-Earned Wages.

An Artist who was employed to renovate and retouch the great oil painting in an old church in Belgium, rendered a bill for \$67.30 for his services. The church wardens, however, required an itemized bill, and the following was duly presented, audited and paid.

|  |                |
|--|----------------|
| For correcting the Ten Commandments.   | \$5.12         |
| Renewing Heaven, and adjusting the Stars.  | \$7.14         |
| Touching up Purgatory and restoring lost souls.  | \$3.06         |
| Brightening up the flames of Hell, putting new tail on the Devil, and doing odd jobs for the damned. | \$7.17         |
| Putting new stone in David's Sling and Enlarging the head of Goliath.                                | \$6.13         |
| Mending the shirt of the Prodigal Son and cleaning his ears.   | \$3.39         |
| Embellishing Pontius Pilate and putting new ribbons on his bonnet.                                   | \$3.02         |
| Putting new tail and comb on Peter's Rooster.  | \$2.20         |
| Re-pluming and re-gilding left wing of the Guardian Angel.   | \$5.18         |
| Washing the servant of the High Priest and putting carmine on his cheek.                             | \$5.02         |
| Taking the spots off the Son of Tobias.  | \$10.30        |
| Putting ear-rings in Sarah's ears.   | \$5.26         |
| Decorating Noah's Ark, and new head on Shem.   | \$4.31         |
| <b>Total</b>   | <b>\$67.30</b> |

### 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.

WALDING, 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.

### Successful Dairying

There are such excellent concrete examples now and again outcropping of men who prove that it pays to take up cow testing, that their records of success make stimulating reading for dairy farmers all over the Dominion.

Here is a good sample of what one man at Cedar Hall, Que. in the Gaspé peninsula accomplished by carefully watching his fairly good cows and feeding them better. The first year his eight cows gave him 33,511 pounds of milk, an average of 4,188 pounds feed at cost of 32.50, netting a total profit of 76.82 an average of 9.60 profit per cow. Two of the best cows in the herd the first year were lost accidentally; two heifers made up the herd to eight again; a pure bred sire is kept.

The next year his eight cows gave him 41,408 pounds of milk, an average of 5,176 pounds, or 1,000 pounds of an increase per cow. The feed cost 4 1/2 more per cow, but the total profit was 177.29, or an average of \$22.16 per cow. This is an increase of ONE HUNDRED AND THIRTY PER CENT in the profit. It pays to give additional feed if the cows kept are of the type to make use of it profitably.

The forcible realities are these: he gross income from milk increased by \$133.43 from the same number of cows, the profit FAR MORE THAN DOUBLED, and the owner has received every encouragement to try for still better results. That is where a trial cow testing trip generally lands the herd owner. C F W

### WHO'S WHO IN LITERATURE

[An English poet, who recently visited America, is reported as saying that "Tennyson and Browning are on the scrap-heap."]

BROWNING's on the scrap-heap, And Tennyson must go; Alfred Noise, I think he's called, Assures us that it's so.

Shakespeare wrote some dramas That had their little day; Bernard Pshaw declares it's time To sweep such stuff away.

Byron's quite forgotten, Though once we thought him great; Percy Puff—who knows, you know!— Says that he's out of date.

To find some real poetry,

Pray, then, where must we go? To Alfred Noise and Bernard Pshaw And Percy Puff & Co! —July Lppincott's

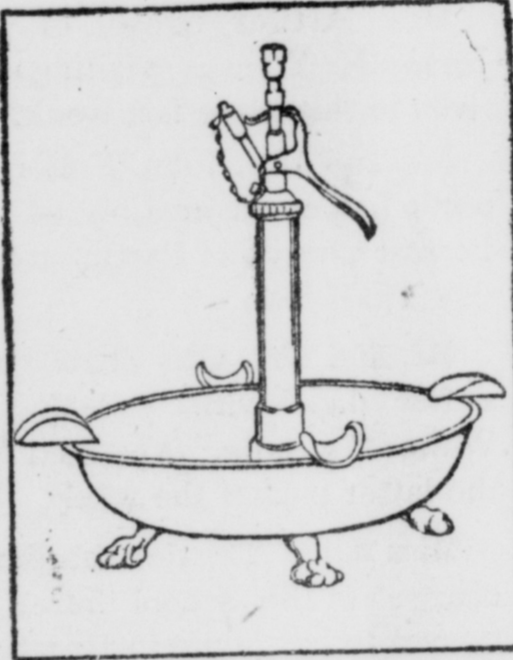
### ORIGIN OF GYPSIES

The first official recognition of the presence of Gypsies in England is contained in an act prohibiting their itinerancy, dated 1540. Bands of Gypsies appeared in Germany, Italy and France early in the fifteenth century, but it is to be supposed that they did not reach England in considerable numbers until the early part of the sixteenth century. The law referred to commanded Englishmen to refrain from all intercourse with the dark-skinned tourists, and during the reign of Charles I, thirteen persons were executed at one assize for having associated with Gypsies. In both England and America, up to comparatively recent times, Gypsies were treated as vagrants, and often persecuted. There are many theories in regard to the origin of Gypsies, but the one most generally accepted is that they are the descendants of low-caste Hindus expelled by Timour about 1398. Despite their association with other peoples, the manners, customs, superstitions, visage and appearance of the Gypsies remain practically the same as when they made their first appearance in Europe five centuries ago, and they continue to make the same pretense of a knowledge of futurity.

### AUTOMATIC LIGHTER

Press Down Lever and Flame Appears in an Instant

An automatic cigar lighter that is designed for home as well as store use has been patented by a Western man. With it comes an ornamental ash tray with four cigar rests around the edge. The lighter stands in the center of the tray and consists of a reservoir for gasoline, a small tube at the top with a friction cap and a lever that operates the cap. It is said that one filling of gasoline will



FRICION IGNITES GASOLINE.

give over 1,000 lights. The principle on which the gasoline ignites is that of friction. One end of the lever is just below the cap of the lighter tube and when the other end of the lever is pressed down the cap is pushed off and the gasoline lighted from the tiny spark that results. The cap is fast to a small chain so it does not get lost. It is claimed that there is no odor to this device.

The invention of the barometer dates back to the year 1643.

### Calendar Stone of the Aztecs

The famous Aztec calendar stone, now in the National Museum of Mexico, is a block of basalt weighing 25 tons and having a diameter of 11 feet. Encircling the head of the sun god is a diadem bearing hieroglyphics representing the divisions of time and the Aztec method of numbering the years. The number of days in their year was 365, as in ours. Each year had a different emblem repeated every four years. The first year was called Tochtli, or rabbit; the second, Acatel, or reed; the third, Teepatl, or flint; the fourth, Calli, or house. The years were further arranged by thirteens, four such periods making a Mexican age. When the City of Mexico was taken by Cortez in 1521, and the great temple destroyed, the calendar stone was left in the square. It was buried in 1555, and not recovered again until 1790.

### Work and Food

According to a French scientist a man who eats liberally should reoperate in weight every 24 hours; if he loses weight, he works to excess; if he gains he has not expended his maximum effort.

### Disinfecting Baggage

Cars containing apparatus for disinfecting the clothing and baggage of passengers who have been exposed to contagious diseases have been put into service by an Italian railroad.

### The Wind Put to Work

Coal is hoisted and water pumped from a Kansas mine by a specially designed windmill with four broad vanes.

No one ever tires of the use of "SALADA" Tea. It's Purity, Flavor and Economy in use has made it as staple an article as our daily bread.

# "SALADA"

BLACK, GREEN or MIXED. Sealed Packed Only—Never Sold in Bulk.

### MODERN DESPATCHING

Telephones Displacing the Telegraph For the Actual Handling of Trains

The new system of despatching trains by telephone inaugurated by the Grand Trunk Railway between Montreal and Toronto has been in use long enough for a thorough and satisfactory test. It is intended eventually to despatch by telephone over the entire system.

The method followed is slightly different from the ordinary telephone line in that it is always under the direct control of the chief train despatcher so that the wire cannot be used by operators at way stations except through his office. It is a marked improvement on the old telegraph system which was subject to interruption while being used for transmitting train orders. The telephone is exclusively used for handling orders for the movement of trains, ordinary railroad business being still conducted by means of telegraph.

The old rules are still made use of. All orders are repeated back to the despatcher by the operator for reference to the original copy before the signal "O.K." is given. The numbers of trains and engines, the stations, names of conductors and engineers and other important parts of orders are spelled out in full both in transmission and repetition.

### HELPS PROSPECTORS

Claims Staked as the Result of Information Given by Indians

There are many successful mining camps in British Columbia which owe their beginnings to the curiosity of Indians who have, during their hunting expeditions, come across some mineral-bearing rock and have brought it to the white man to identify. Others wishing to guard their hunting grounds from the intruding prospector have, discovering any mineral indication, shrewdly kept their find a secret lest by its discovery the privacy of their hunting preserves should be molested by the white man. Not far from Observatory Inlet, B.C., an Indian hunter chanced to come across a fallen tree which had been torn up by the roots, thus uncovering a vein of goodlooking ore. Fearing its discovery would start a mining camp in the best part of his hunting ground and so drive away all the fur-bearing animals from its vicinity, he spent the greater part of a day covering up the lead with moss which he had to pack from some distance. To an old bear hunter of the Naas River is due the credit of calling attention to the mineral deposits of Observatory Inlet. He is one of the first full-blooded Indians to hold in his own name a free miner's certificate in the Coast district of the Skeena Mining Division, in which division the Granby Bay mines are situated.

### A Clean Shins

Easily adjusted metal shields have been invented to protect a man's hosiery from being soiled as his shoes are being blackened.

### Progressive Japan

The tonnage of steamships flying the Japanese flag has just about doubled in the last ten years.

### Chief Crawford

Advised yomei For atarrh

J. Wilfred Brown of Water St., Campbellton, N. B., says: "Hyomei cured me of a severe case of catarrh and asthma after four years of suffering. I was constantly hawking and spitting and the catarrhal droppings that came from the head into my throat affected my stomach and I could not enjoy my meals. Chief Crawford having the same trouble advised me to try Hyomei. I did so and soon I was without a sign of the health racking disease that had troubled me for so long. I now recommend Hyomei to all catarrh sufferers.

Hyomei (pronounced High-o-me) is guaranteed to cure asthma, bronchitis, croup, coughs and colds. A complete outfit consists of a hard rubber inhaler, a bottle of Hyomei and unique dropper for filling the inhaler. Your druggists will supply you the outfit for \$1.00 (two bottles 50c.) or postpaid from The R. Booth Co., Ltd., Fort Erie, Ont. Money refunded if not cured by E. W. Mair.

### THE HUMAN HAND

#### A MAGNETIC POLE

Instrument Perfected Which Detects the Vital Magnetic Fluid

A French scientist, M. Fayol, asserts that he has made an important discovery in establishing the polarity of the human body.

The theory that man has positive and negative magnetic poles was advanced long ago, but no instrument had been invented capable of measuring the electric force satisfactorily.

M. Fayol perfected an instrument with which, he says, delicate observations of the vital magnetic fluid emitted by the human body can be made. He asserts that the positive pole centres in the right hand and the negative in the left, while with left-handed persons the reverse is the case.

The scientist's instrument consists of an adjustable oak board, whereon a delicate metal cylinder swings in a perpendicular position between ball bearings, in order to minimize the friction. The operator places his left hand on the board, the palm facing the cylinder and the thumb uppermost. In a moment the cylinder begins to revolve, slowly at first, and then faster, in the same direction as the hands of a watch.

If the right hand is placed behind the cylinder it will revolve in the opposite direction.

Let another person put his right hand on the shoulder of the first, and the cylinder will move even more rapidly.

Mr. Fayol states that he is able by this means to measure the vital magnetic force of subjects who put their hands before the instrument. No reaction is observable on the instrument in the case of infants, but between the ages of 25 and 45 years, the magnetic force as recorded increases annually. After the latter age, it diminishes till it almost vanishes in the case of the very old.

This magnetism may pass from person to person, and the vital emanation of one may be received by another and stored up by him. The theory of sympathy souls is explained by the assumption that such persons have similar magnetic personalities.

### A CHRISTIANIZED ESKIMO

In Spite of all Persecution He Stuck to New Faith

The whole life of the primitive Eskimo is governed by precedent. Although outwardly the freest and most irresponsible being in the world, he is in reality the slave of public opinion and the numberless customs and superstitions of his ancestors. The ways of his fathers are good enough for him, and the world of the old men and witch-doctors, who treasure up ancient precedent like the Pharisees of old, is the standard he lives and dies by.

For an Eskimo to break one of these unwritten laws is to render himself a social outcast. Although treated with kindness, he is no longer reckoned as a member of the tribe. A brother-in-law of an Eskimo chief had early embraced Christianity, being converted on a trip to Nome by one of the first missionaries. Being a very conscientious man, he soon recognized the incompatibility of retaining his faith and conforming to the worship of his people. The spirit of the Scotch Covenanters was in his veins. He refused to go through the usual rites of his people, and prayed to the God of the white stranger at home. As a result he was forbidden his place in the village kosga (or meeting place), where every man has his recognized station, carefully graded according to merit. His son was not allowed to dance with the young men or witness any of the councils or witch-doctorings reserved for the men; his daughters could not take part in the annual dance of the women, nor was any member of the tribe bold enough to ask them in marriage. They all married Siberian strangers and left the old man's house desolate, but he stuck to his faith to the last. Always cheerful, always ready to help, living daily the faith that was in him, he was one of the few of his race who was brave enough to withstand the witch-doctor.

### More Flax Growing

The world's acreage devoted to cultivation has increased about 50 per cent in the last four years.