

BACK OF EVERY LOAF

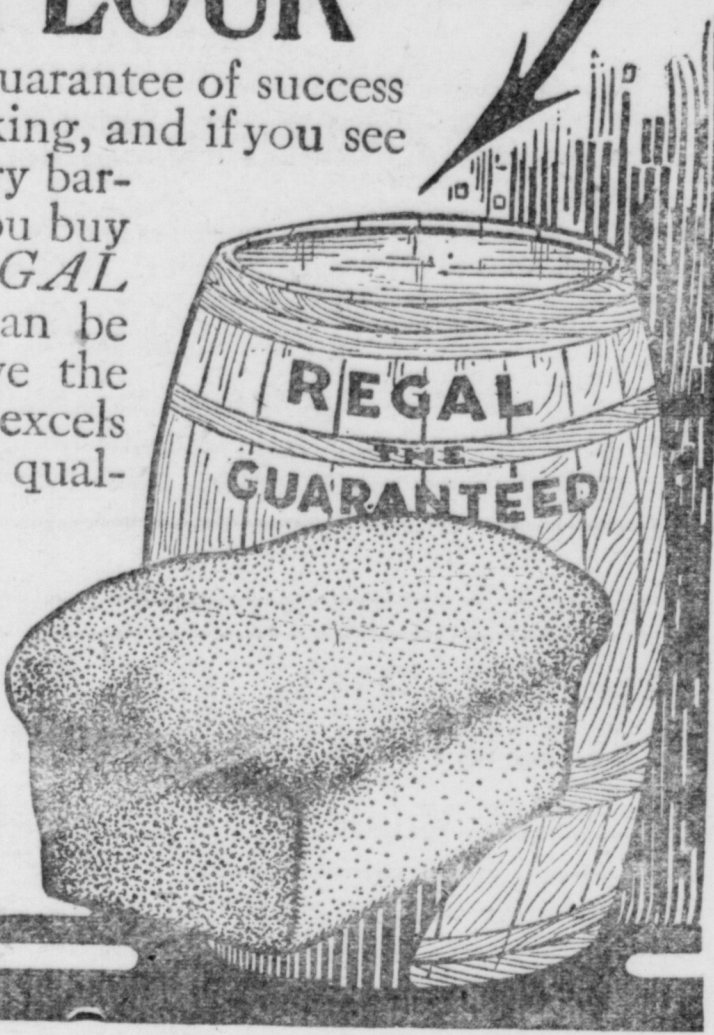
You put in the oven, must be good flour or your bread will be a failure.

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



Is The United States Using Up It's Working Capital

This question was recently raised by one of the world's greatest economists. Assuredly he has much to support his contention. Apparently, if we reason from the familiar facts of daily existence, America is using up its working capital. We are spending instead of saving. We must soon come to the day of reckoning, and the cost of reckoning will be heavy. The nation must pay in years of privation and pinching sordid economy for its violation of the sound rules of private and public economy.

But there is something to be said on both sides. This startling subject is discussed with the utmost frankness by Edward Sherwood Mead, the financial expert, in the August number of Lippincott's. It is a subject of vital importance not only to all financiers, but to every one who has even a small amount of money invested or to invest.

"We are accustomed to regard the future of the United States as a future of assured and increasing prosperity, a prosperity in which even the humblest immigrant laborer will each year have a larger share," says Dr. Mead. "To be plainly told that we, as a nation, have been violating the rules of business conduct, observance of which alone will insure our future prosperity, is to receive an unpleasant shock.

"Are these gloomy prognostications founded on fact, or do they represent merely a flight of scientific fancy, rising far above the ground into the thin air of speculation and hazardous conjecture?"

"As soon as attention is directed to our problem a number of facts of superficial observation tending strongly to support this conclusion immediately emerges. Every one is familiar with the vast increase in personal expenditure during the last decade. It is a poor home which has no sanitary plumbing, or which is still half heated by stoves, be it in the country or in the city. Even a humble mechanic expects these conveniences in his twenty-dollar-a-month house. Turkish rugs have taken the place of ingrain and rag carpets. Clothes are now made to measure, and people, especially women, have more clothes than ever before. Men, too, are more careful of their personal appearance. They patronize the haberdasher and the tailor, the barber and the boot-black, to an extent which their fathers would not have ventured, and which their grandfathers would have condemned as wasteful extravagance. The 'servant problem' did not become a problem until the middle class, upper and lower, began to keep domestic servants. The expenditure upon food is far greater than formerly, when an adult could well feed at a total cost of \$1.50 per week for raw materials and fuel. To-day

not only have the prices of foodstuffs advanced, but a large number of expensive novelties, which quickly become regarded as necessities, are each year being introduced.

"The automobile is no longer considered a luxury for the man of \$2000 income. He can buy, on time, for \$500 or \$600, a car that is very good, even compared with the high priced machines and thousands of these cars are being bought each month. Immediately the owner's expenses increase. Tires, toll, gasoline, oil and general repairs, besides interest and depreciation, represent a large monthly outlay.

"So we could go indefinitely: charity organizations, clubs, politics, magazines and newspapers, liquor and tobacco, bridge whist, golf, theatres, moving-picture shows, baseball, education, which costs this generation at least twice as much as it did their fathers; the government service, which does or tries to do so many new things for us—the list of new expenditures and of increased expenditures could be expanded far beyond the space here available."

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.

Ever Ridden On This K'n?

The trains of one of the Southern railroads are said to run so slowly that passengers with cameras are enabled to take time exposures from the car windows.

—August Lippincott's

Washing Lace.

When lace is washed, a suds should first be made to which a little powdered borax should be added. Never rub lace on a board, or roughly with the hands; it should be gently pressed and squeezed with the hands, and when clean, rinse in clear water several times to remove all soap; if the lace is white, a drop or two of bluing should be added to the last water, or to the starch; but if the yellow tinge is wanted, a spoonful or so of strong coffee, according to quantity of rinse water, may be used. Small, delicate pieces of lace should be pressed between two pieces of cheese cloth when ironed, being careful to have it pulled into proper shape, opening the holes and picking out every loop and point.

You Breathe It

By the simple act of breathing, we inhale life and death. You breathe air crowded with disease germs. These lodge in the membrane and at once commence their deadly work. In a night you develop a cold and before long you are in the grip of Canada's deadliest enemy—Catarrh.

You also breathe Hyomei (pronounced High-o-me) and by so doing breathe in life—Hyomei is medicated and vaporized air. In its journey through the breathing organs it arrests and kills catarrh and cold germs, soothes the inflamed membrane and commences the work of healing. Ask druggist E. W. Mair what he knows about Hyomei. You will find that he not only sells it but guarantees it. A complete outfit will cost you \$1.00 from your druggist or postpaid from the R. T. Booth Co., Limited, Fort Erie, Ont. You will find it valuable for coughs, colds, catarrh and all kindred diseases. Money back if it fails.

ALL-CANADA SHOW AT NEW YORK, 1914.

TORONTO, Ont., July 25.—The Globe says:

Preparations are rapidly assuming concrete form for the All-Canada Exposition, which is to be held in New York at the Grand Central Palace beginning January 15, 1914. The floor space which the exposition will occupy is 21,000 square feet. The exposition will be Dominion-wide in character, and the chief feature will be the exhibit which is at present in Ghent, Belgium, and which has been declared by competent judges to be the finest ever seen in any exposition.

From all parts of the Dominion, collected by provinces, municipalities, towns, and private corporations, will be gathered exhibits, charts, books, pamphlets and pictures which will serve to show the immense resources of the Dominion agriculturally and geologically.

A banquet will be held in New York at the time of the exposition, and it is expected that the Government General of Canada and the President of the United States, together with diplomatic corps and ambassadors of different countries, will be present.

Mrs. Emmeline Pankhurst

In A Critical Condition

LONDON, July 25.—Mrs. Emmeline Pankhurst, who was released last evening from Holloway jail, after an imprisonment lasting only since Monday, is reported to be in a very critical condition. Three consultant physicians have been called by the regular attending physicians.

The consulting physicians in attendance on Mrs. Pankhurst take such a serious view of her condition that they ordered to-day the immediate resort to a transfusion of blood. Mrs. Pankhurst's weakness and inanimation from the effects of her "hunger and thirst strikes" are so extreme that great apprehension is felt by the doctors as to the outcome. "She could be no worse," was the statement made by one of the attendants to-day.

Lady Sybil Smith, daughter of the Earl of Antrim, Mrs. Pethick Lawrence and Miss Evelyn Sharpe were sent to prison to-day for a fortnight on the charge of disorderly conduct during an attempt to hold a militant suffragette meeting at the entrance to the lobby of the house of Commons yesterday. All the accused refused to find securities for their behaviour and as an alternative were sent to jail.

Dalhousie Saw Mill is burned

The sawmill built recently by the Sydney Lumber Company, is a complete mass of ruins, the result of a fire which broke out a few minutes before 6 o'clock Friday evening. The origin of the fire is unknown. There is some insurance. About sixty men were employed.

The crops in the Penobscot section of Kings county were seriously damaged in a severe hail storm which swept across the valley Friday, leveling growing crops, breaking windows and leaving disaster in its wake. Daniel Robinson estimates the damage to crops on his farm alone will be \$500. Thirty windows in the Lower Penobscot Baptist church were smashed and twenty panes were broken in the upper church, many farm houses suffering in the same way.

What's the use of trying to fool a man who has no money?

BUILDING A RAILWAY

IN CHILIAN DESERT.

Mr. Hazen Drury, C. E. who with his brother; Mr. H. A. Drury C. E. chief engineer of the Railway Commission, is now visiting in St. John, has been in Chili for the past five years. Mr. Drury got his first taste of southern life in Cuba, where he held an important position in connection with some of the railway enterprises of Sir William C. Van Horne. From there he went to Mexico and spent some time in the service of the Mexican Light, Heat and Power Company, and then accepted a position as engineer with a big English contracting firm who had a contract for about 250 miles of railway being built in Chili parallel with the mountains. In the prosecution of that work Mr. Drury was compelled to spend a considerable time in the great Chilean desert from which comes the world's nitrate supply. Talking with the Globe to-day, he said the region is one absolutely without life of any kind either animal or vegetable. All their supplies had to come overland and even water was piped 200 miles from the Andes. The project was a very important one and the new railway will be a factor in the future development of the country.

Speaking of the nitrate trade, Mr. Drury said it was a common sight to see forty or fifty of the old time square rigged sailing ships in a Chilean harbor for a cargo and a dozen or more large steamers also. The use of the nitrate for fertilizer is very general, while it is also used extensively in the manufacture of powder.

Chili is developing rapidly along economic and industrial lines, and the same is true of all the South American countries.

Mr. Drury has visited the Panama Canal and seen the great work in progress there. He is not convinced it will prove such an important factor in the development of trade as many predict, but says, as an engineering feat, it is a marvelous undertaking. In this connection he bore splendid testimony to the good that had been done in making a clean, healthy city of Panama.—St. John Globe

"I do the very best I know how; the very best I can; and I mean to keep doing so until the end. If the end brings me out all right, what is said against me won't amount to anything. If the end brings me out wrong, ten angels swearing I was right would make no difference."—Abraham Lincoln.

TURKEY TO BATTLE

WITH BULGARIA

LONDON, July 23.—The Morning Post publishes a Constantinople telegram via Vien asserting that, after a long ministerial council, it had been decided to declare war officially against Bulgaria. The Turkish army, according to this account, has been ordered not only occupy Adrianople but to cross the frontier as quickly as possible and to march into Bulgarian territory.

According to apparently reliable telegrams from Belgrade, The Servian government regards this as an attack on the whole Balkan League, and the cabinets of Belgrade, Athens and Cetinje are preparing to act accordingly.

SOFIA, Bulgaria, July 23.—Servia and Greece to-day agreed to the proposal that peace negotiations with Bulgaria should take place in Bucharest. An armistice is being arranged in Nish, and it is hoped that it will be concluded within a couple of days.

Greece insists that the armistice and the agreement for peace negotiations be signed simultaneously.

Roumania has refused Turkey's request that she be allowed to participate in the peace conference. The European powers have consented to these arrangements.

LONDON, July 23.—A Times despatch from St. Petersburg says: "The Russian government is credited with the intention of insisting that the Turks evacuate Adrianople at all costs."

ZURICH, Switzerland, July 23.—M. Pichon, the French Foreign Minister, is quoted by the Nouvelle Gazette to-day as saying:

"I do not think that Austria is profiting by the circumstances and intends to intervene in the Balkan trouble. The understanding among the powers has not been weakened and will be maintained. I do not believe that any of them will take up arms in the Balkans, and they will, under no circumstances, permit Bulgaria to be dismembered."

SOFIA, July 23.—"It is reported here that the Turks committed indescribable horrors at Adrianople, giving the fleeing population no quarter.

It is also alleged that the Turks massacred the inhabitants of Kirk Kalisch.

During Gapes

This is supposed to be an incurable disease, and how it is caused is yet, I think, not clearly understood. Experts know that worms grow in the throat or windpipe and as they become bigger cause death by choking, a gasping suffocation and hence, I suppose, the name gapes.

I have seen chickens treated for this disease both killed and also cured. Any reader wishing to practise can try the following: Procure three saucers or shallow tins, put some pure turpentine in one, olive or sweet oil in another, and molasses in the third. Next procure two feathers and trim off bare to the quill, leaving only about one inch of the feathers on their points. Dip one of the feathers first in the oil, shake off excess oil by rubbing it against the edge of the saucer, dip it then into the turpentine and rub it down quickly the bird's throat, withdrawing it promptly and with a twisting motion. After a few minutes when the chicken gets its breath (if it does) repeat the treatment. Then dip the other feather in the molasses and push it quickly up and down, giving it a twisting motion both ways.

"The turpentine is to either kill or loosen the worms, the oil to weaken it and cause the feather to go down smoothly and the molasses clears the passage of the loosened worms, several of which will either be shoved down or found adhering to it.

IT WAS SAFE.—The McTavish family was dining, and each member eagerly watched Mr. McTavish carving the fowl, none of eagerly, however, as the dog, for that intelligent animal never took his eyes off the delicious bird. Suddenly the knife slipped and sent a fragment of poultry rolling on the floor. "Mighty me," cried McTavish, "the leg, my own favorite bit!" "The dog'll get it." "No, it won't father," said the youngest McTavish. "He'll no get it. I've got my foot on it."

"If you see a man or woman successful, be glad of it. Don't waste time belittling his success. Use your force trying to equal it."

A fast train running from Chicago to the Pacific Coast carries a powerful searchlight on the observation car to show the scenery en route at night.

The trouble about taking a chance is that you can't always put it back where you found it.

And some magazine poems are all gas and no meter.