

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



Egg Lemonade.

When more nourishment is needed, egg lemonade fills the bill. This may be simply the white of an egg beaten light and added to plain lemonade, or much richer in this way: Pour a pint of boiling water over a cupful of sugar, the juice of four lemons and the thin yellow rind of two; cool, then chill, beat the yolks of four eggs until lemon colored and thick; and then the whites until stiff; mix them thoroughly; add the lemon, water and a pint of fine chipped ice or ice-cold water and serve. This is a meal in itself.

Catarrh Cured By Breathing

You breathe in Hyomei (pronounced High-o-me) and inhale the antiseptic vaporized life of the pine and eucalyptol forests. As you breathe in this delightful air it passes over the inflamed and germ-ridden membrane, allays inflammation, kills the germs and drives out the disease.

Druggist E. W. Mair sells Hyomei and guarantees it for catarrh, coughs, bronchitis, asthma and croup. A complete outfit includes hard rubber inhaler and costs you \$1.00. Extra bottles of Hyomei costs but 50c. By mail post-paid 50c. and \$1.00 from The Booth Co. Limited, Fort Erie, Ont. Remember Hyomei is guaranteed or the money back if it fails you.

Ginger Crush.

This delicious and refreshing drink is by boiling one tablespoonful of crushed ginger [tied in a bag] in one quart of water for fifteen minutes. Add one cupful of sugar while hot, and when cold add the juice of two lemons. Serve in tumblers or glasses, with crushed ice.

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 him.

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.

Pineappleade.

Peel a juicy pineapple, taking care to pick out all the eyes, and chop fine or shred with a fork. Sprinkle with sugar to sweeten, and let it stand until the sugar is melted. Pour one quart of freshly boiled water over the shredded pine, add more sugar if needed and set away to cool. When cold, strain and serve with a few bits of fresh pineapple floating on the top of the glass.

Iced Coffee, Chocolate and Cocoa.

The person who is dependent, even in the hottest weather, upon coffee or chocolate will find that when served in the form of iced drinks, they satisfy and stimulate without heating, which is a point to be considered when the mercury is in the nineties.

For iced coffee, that made in the usual way, then strained and cooled, may be used, adding cream and sugar at serving time; or cafe au lait—that is, strong, clear coffee to which has been added an equal quantity of boiling milk—may be cooled and used. Serve in tumblers half filled with crushed ice and sweeten to taste, or the sugar may be passed to each guest just as for tea and coffee.

Cream Nectar.

A pleasant summer drink is cream nectar. To one gallon of boiling water add four pounds of granulated sugar and five ounces of tartaric acid. Beat the whites of three eggs and pour into a bottle with a little of the warm syrup shake briskly; then pour it into the kettle of syrup; stir it through well. Boil three minutes, removing the scum that rises. Flavor with any preferred extract and bottle for use. When wanted, take two or three tablespoonfuls of the syrup to each tumbler of ice-cold water and add one-half teaspoonful of soda, drinking while effervescing.

To the noble mind Rich gifts wax poor when givers prove unkind.

—Shakespeare.

Canning Fruit.

Fruits packed in the jars and then cooked keep their shape better, and are therefore more attractive to the eye than those cooked then packed in jars. The latter process, however, is quicker for ordinary home use, where one is putting up just a little fruit at a time.

In canning the preparation of sugar varies according to the natural sweetness of the fruit and the use for which it is intended. Fruit that is to be used on the table for a "sauce" is best put up with sugar, while that intended for cooking purposes may be put up without any.

For preserves, some fruits call for a pound of sugar to each pound of fruit, and others but half or three-quarters of a pound of sugar to each pound of fruit.

Mi-o-na

An Excellent Stomach Remedy

Mrs. J. R. Whyte, Killarney, Manitoba, who says: "I have found great comfort and relief from Mi-o-na. I had been greatly troubled for months with heartburn and a heavy burning feeling in my stomach. A fair meal would disturb me so much that I would have to sit up at night—the food would sour on my stomach and form a gas which would cause belching and dizzy spells. These distressing troubles disappeared after using Mi-o-na and I shall always speak highly of this excellent stomach remedy."

Mi-o-na is the best prescription for stomach trouble ever written. It gives quick relief and cures permanently. Mi-o-na is put up in tablet form and is small and easy to swallow. Sold by leading druggists everywhere. 50 cents, with a guarantee to cure or refund your money. Or postpaid from The R. T. Booth Co., Ltd., Fort Erie, Ont. You will search the world over and not find a stomach remedy half so good as Mi-o-na. Sold and guaranteed by E. W. Mair.

Pancakes From Dry Bread.

Very fine pancakes, which are lighter and more digestible than ordinary wheat cakes, have for their basis dry bread, ground very fine in the meat grinder. The dry bread is used in place of flour, and the pancakes are made just like ordinary wheat cakes apart from this.

Twenty-Five Lepers In Two Canadian Lazarettoes

OTTAWA, July 17—There are 25 lepers in the two Canadian lazarettoes according to figures given by Dr. Montizambert, Director of General of Public Health. At the lazaretto at Tracadie, N. B., there are 21 patients, consisting of eleven males and ten females. Seventeen of them are French-Canadian, two are English one Irish and one Russian. One man was recently discharged as cured of the disease. At the lazaretto at D'Arcy Island, B. C. there are four Chinese lepers at present there.

Prince Arthur Will Be Married In October.

LONDON, July 17—It is stated that the marriage of Prince Arthur of Connaught to the Duchess of Fife will be celebrated in October, before the Prince's father returns to Canada to take up his duties as Governor General of the Dominion.

A DAILY THOUGHT.

Believe me when I tell you that thrift of time will repay you in after life with a usury of profit beyond your most sanguine dreams, and that the waste of it will make you dwindle, alike in intellectual and moral stature, beyond your darkest reckonings.

—Gladstone.

"Don't Hesitate"
Try a Packet of this delicious Tea this very day. The pleasure will be all yours—

"SALADA"

Captivates All Tastes. "It's So Good."

BLACK OR GREEN.—SEALED PACKETS ONLY.

GRANDMOTHER.

(By Marjory Royce, in the 'British Weekly'.)

Grandmother brought them up when their own mother died, all six of them—Willie, Tom, Max, Eva, Mary, and Alfred. They lived in a busy street in Portpool, in a broken-down cottage. This was hard on Grandmother, who, as a girl, had lived in the rich suburb of Hailstone-by-the-Sea. Grandmother never repined, but she used to tell many pleasant stories about the old days, about the loveliness of Hailstone, and about the red rep suite of furniture her mother had in the best parlor.

Grandmother had now no best parlor. To support her daughter's children she had taken in washing, and eked out a living with what she earned, coupled with the interest from the few hundred pounds her husband had left her.

Things were getting easier as the children were growing up. Willie and Tom had been got into an iron-monger's shop by Grandmother's exertions, Eva was in a jam factory and the others were at school.

Never, surely, had young people so loved their home. The poor, shabby, exquisitely kept cottage was one of the happiest places in Portpool. Grandmother had trained all the children to love her and respect her. Thin, erect, and energetic, she entered into all their lives with boundless interest and enjoyment, and scraped and contrived and planned for them night and day.

It was one June evening when Grandmother was washing two frocks in her back kitchen that the great plan was confided to her, Willie by now a tall youth of twenty-four, with a dark, determined face, was sitting astride a kitchen chair, and Tom who was younger, stood beside him. They began to tell the old lady that they could not stay any longer in their present situations. They had learned all they could there.

Grandmother, who was very shrewd and wise, listened to their complaints in silence, and finished wringing out the frocks with her strong, wrinkled old hands. Then she went into the kitchen, and, seating herself in her armchair, prepared to listen. She knew well that it was important to hear what they had to say, for Willie did not complain without a cause.

"What's the matter?" she said.

She looked very much like an old eagle sitting there, so worn was her face, so sharper nose and chin, but the dim blue eyes were very kind. Mary, a girl of fourteen, ran in at this minute, but Grandmother sent her away with a look. Willie cast one glance round the lonely kitchen, with its pink-washed walls and shabby, carefully-mended curtains, and wondered how to begin. Before he could say anything Tom broke out with:

"How old are you, Grannie?"
"As old as I look," she answered, proudly straightening her tired back, "But really?"
"I'm turned seventy-two," she answered.

"Willie and I are thinking it's time we got you out of this," he said, glancing round at the poor, neat room. "You've worked for us: now we're going to work for you."

"Eh, yes," said Grandmother politely. Her active mind was straying to other matters. She meant to cook a few potatoes for Eva's supper the child was so fond of them, and Grandmother always took special joy in pleasing her children.

"We're tired of working under Isop for fifteen shillings a week," said Willie with boldness. "Tom and I want to start on our own."

"But how are you to do that, lad?" said Grandmother, using the same mild voice to which she had been accustomed to speak when the boys in younger days brought her wild suggestions.

"There's a business for sale down Smither street," said Tom. "We want to buy it."

"But how," said Grandmother, anxiously looking from the young man

another. She feared that she was not understanding properly. How could Tom and Willie buy a business? She knew that they only had but a pound or two in the savings bank account she had made them begin as children.

Willie put a rough hand on Grandmother's black shawl.

"We want you to put your money into it, Grannie. You have enough if you sell the shares Grandfather left you. I promise you shall get it all back. Tom and I know what we're doing. It's a splendid opening. No end of people want to get the business, but the man has given us first chance."

"Oh, you've spoken about it with him already," said Grannie.

"Because we were so sure that when you really understood you would be anxious for us to take the chance," said Willie. "Why Grandmother, if you only agree to it, we shall make you a rich woman, and Eva can leave off work—and the children get a good start. Your money could purchase the whole thing. Let me tell you more about it—"

Grandmother betrayed nothing of her inward dismay. The thought of the money her husband had left her had been her one refuge in sleepless nights of worry over her children's future. If it were lost, and if her strength failed her, and she could no longer work as she was wont, what was to keep Max and Mary and Alfred from the workhouse? She listened calmly to the young men's excited outpourings. An exceptional old lady, with a fine power of self-control was Grannie.

"What chance have we if we don't do this? We've been trained to the trade."

"But I understand the business is down, and that is why it is being sold," said Grannie.

"Yes, yes," they told her impatiently: "but it has been greatly neglected. We can pull it together. We have a lot of ideas. We want to make you really comfortable, Grannie. It's nothing but work, work, work with you all day long, and you seventy-two!"

They talked rapidly with all the enthusiasm and confidence of youth, and she listened quietly, telling them now and again that she was perfectly happy as she was, when they dwelt on the fact that they wanted her to stop working and to rest.

"It isn't right for you, Grannie, to have to get up at five, as you do, and work all day long!"

"But if that money goes, all goes, said the old lady slowly. This was after half an hour's conversation.

"You won't regret it, Grannie. It will be the luckiest thing you ever did in your life if you let us have the money. Can't you trust Tom and me? Don't you know that we'll work our fingers to the bone to make the thing go? Why, surely—"

And so on they talked and talked until Eva came in, and, having heard all about it from her brothers before, and seeing a chance for her of leaving the hated factory, she blended her young voice in entreaty with theirs.

After three days' reflection Grandmother put on her cloak and went to see her old friend and pastor, the Rev. Silas Darent, to whose chapel she had gone ever since her marriage. She felt it was her duty to tell him about the boys' plans. The Rev. Silas had told her frankly that she would be crazy if she risked this thing; that particular business had never paid. But that evening she announced to Willie and Tom she would give them the money. That very night she signed the necessary documents. In her trembling, pointed handwriting—they had everything ready, only waiting for her to consent.

When at last the young men kissed her good night, she drew down their faces fondly to hers.

Continued on page 7