

Better Cake and Biscuits

In all recipes calling for Baking Powder use Royal Baking Powder. You will get better and finer food and insure its healthfulness.

Housewives are sometimes led to use inferior baking powders because of apparent lower cost, but there is very little difference in practical use—about one cent for a whole cake or pan of biscuits—a mere trifle when you consider the vast difference in healthfulness in favor of food made with Royal Baking Powder.

Royal Baking Powder is made from cream of tartar, derived from grapes—a natural food product, as contrasted with alum, derived from mineral sources, and used in the manufacture of some baking powders because it is cheaper.

ROYAL BAKING POWDER CO., New York

SECRET OF STEADY GOLF.

It Lies In Proper Use of the Club and Nerve Control.

There is no such thing for any man as eternal steadiness, but there is no reason why most golfers shouldn't develop a much greater steadiness than is shown. It is all a matter of practicing two things—the proper use of the club and concentration, or nerve control.

Remember at each practice or during each friendly round to try to make your brain work as well as your arms and legs. Remember, above all other factors, that it is vital to the success of the shot that you keep your head still, often referred to as "looking at the ball." Make it a point to school your brain as well as your muscles, for the brain is in control of the muscles. The golfer who can't concentrate, who doesn't practice concentration, will never be able to develop steadiness, although he may be a fine shot maker and may be capable of some wonderful rounds.

So, to put a few suggestions into compact, concrete form, the following are offered to those who desire a change for the better in their golfing steadiness or unsteadiness:

First.—Practice concentration—keeping your mind on the ball as well as your eye.

Second.—Make up your mind to accept a bad lie or some bad luck as part of the game and to be expected.

Third.—Play each shot as it comes, without regret over past mistakes or worry over future troubles.

Fourth.—Practice the short game, shots around the green, at every possible chance. It is here that scores are reduced.

Fifth.—Practice with the brain as well as with the arms and legs. Cultivate brain control over muscles.—Jerome D. Travers

WRIGLEY'S



To little hearts and big ones, too — the Wrigley Spearmen are calling, calling, every day:

Their message is one of good cheer about this refreshing, beneficial goody that costs so little but means so much to comfort and contentment.

Send for the Spearmen's Mother Goose book for young and old, illustrated in colors. Address Wm. Wrigley Jr. Co., Ltd., Wrigley Bldg., Toronto

Chew it after every meal

Two flavors



Sealed against all impurities

Part of 1916 Class

Houlton Business College



We invite YOU to join the next class Bound Successward

SISTER: READ MY FREE OFFER.



I am a woman. I know a woman's trials. I know her need of sympathy and help. If you, my sister, are unhappy because of ill-health, and feel unfit for household duties, social pleasures, or daily employment, write and tell me just how you suffer, and ask for my free ten days' trial of a home treatment suited to your needs; with references to Canadian ladies who gladly tell how they have regained health, strength, and happiness by its use. I want to tell you all about this successful method of home treatment for yourself, my reader, for your daughter, your sister, or your mother. I want to tell you how to cure yourselves at home at trifling cost, and without aid from anyone. Men cannot understand women's sufferings; what we women know from experience, we know better than any doctor; and thousands have proved there is hope even for the hopeless in my method of home treatment. If you suffer from pain in the head, back, or bowels, feeling of weight and dragging down sensations, falling or displacement of internal organs, bladder irritation with frequent urination, obstinate constipation or piles, pain in the sides regularly or irregularly, bloating or unnatural enlargements, nervousness, depressed spirits, melancholy, desire to cry, fear of something evil about to happen, creeping feeling up the spine, palpitation, hot flashes, weariness, sallow complexion, with dark circles under the eyes, pain in the left breast or a general feeling that life is not worth living, I invite you to send to-day for my complete ten days' treatment entirely free and postpaid, to prove to yourself that these ailments can be easily and surely conquered at your own home, without the expense of hospital treatment, or the dangers of an operation. Women everywhere are escaping the surgeon's knife by knowing of my simple method of home treatment, and when you are cured, my sister, I shall only ask you to pass the good word along to some other sufferer. My home treatment is for all—young or old. To Mothers of Daughters, I will explain a simple home treatment which speedily and effectually cures green-sickness (chlorosis), freckles, headaches, and lassitude in young women, and restores them to plumpness and health. Tell me if you are worried about your daughter. Remember it costs you nothing to give my method of home treatment a complete ten days' trial, and if you wish to continue, it costs only a few cents a week to do so, and it does not interfere with one's daily work. Is health worth asking for? Then accept my generous offer, write for the free treatment suited to your needs, and I will send it in plain wrapper by return mail. I have true you can cut out this offer, mark the places that tell your feelings, and return to me. Write and ask for the free treatment to-day, as you may not see this offer again. Address: MRS. M. SUMMERS, Box 584, WINDSOR, ONTARIO.

An Apology.
"Your customs are reprehensible beyond possibility of expression. The idea of killing your fellow man for dinner!"
"Yes," replied the cannibal, who had been reading about civilized warfare, "but at least we have the excuse of being hungry."

Montreal, May 29th, '09.
Minard's Liniment Co., Limited.
Yarmouth, N. S.
Gentlemen,—I beg to let you know that I have used MINARD'S LINIMENT for some time, and I find it the best I have ever used for the joints and muscles.
Yours very truly,
THOMAS J. MOGAN.
The Champion Grog and Pedestal Dealer of Canada.

EATON'S

COMING!

OUR BIG FALL & WINTER CATALOGUE

ARE YOU ON OUR MAILING LIST?

The biggest and best EATON CATALOGUE is about to be issued. Almost all of your everyday needs are listed in this big book, and the prices we quote are of more than usual interest because of the pronounced saving they afford. If you do not know EATON values, or for some reason you have not bought regularly from our Catalogue, we ask that you make sure you get this latest book. We want the NAME AND ADDRESS RIGHT NOW of those who have not received EATON'S Catalogue during the last six months. A copy will be sent you before the end of August if you

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LOOK FOR THE CHAIN BARGAINS

There are over 500 pages in our Big Fall Catalogue, many of which show goods in their actual colors; for example, Women's and Children's Dresses, Coats, Men's Clothing, Dress Materials, Carpets, etc. There is also a wonderful list of Chain Bargains, two of which we show in this advertisement. Don't put off sending for this Catalogue. It is to your best interests to get a copy. Send your request now. The demand will be great.

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AN EATON-MADE SPECIAL THAT IS A PRONOUNCED BARGAIN

86-6012 Child's Bloomer Dress of striped Percale. Has short sleeves and collar of self material. Percale dress opens full length, making easy to handle. The front shows embroidered scalloped edging and the pleated skirt is joined to the waist by belt of plain percale. Detachable bloomers of striped percale. Made with waistband and elastic at knee. This bloomer dress represents extraordinary value and should be included in your order. Colors Pink and White, Sky and White, Tan and White. Sizes 2, 3, 4 and 5 years.

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STATE SIZE

CHAIN BARGAIN

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TORONTO CANADA