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"Royal Household" Flour

Gives Stomach Less Work and Body More Strength.

No flour in the world is so nourishing, so vitalizing, so rich in all the elements of body, bone and brain building as pure, well-balanced, white flour.

Bran in bread is just so much wood fibre—so much extra work for the stomach—there is no nourishment in it for man. Cattle digest it and get nourishment from it because nature has given them a fermenting plant and double chewing facilities.

But man masticates once and digests once. For that reason he gets nothing whatever out of anything but the gluten portion of wheat—the inside of the grain—the part which yields "protein." And he gets more out of Royal Household Flour because more of the branny and waste portions are removed in making it than from any other flour.

The Royal Household Mills eliminate more bran and snorts than any other mill—therefore Royal Household Flour is the most nourishing flour in the world.

Royal Household Recipes free for the asking.

Ogilvie's "Royal Household" Flour.



tem-
the
cases

ations. Deaths

187	22
6	1
50	5
25	6
94	1
93	5
18	1
78	2

In the above table the total of prostrations include the fatalities.)

The above figures by no means represent the sum of human suffering today as an endless number of victims who collapsed at home, or in the office or workshop, were privately attended. Tonight no relief was in sight.

Today all records for the summer were broken in point of high temperature, but mercifully the humidity was correspondingly less. But for this the total of prostrations and deaths would have been greatly increased.

In New York the suffering was intense, especially in the crowded tenement districts, where scarcely a breath of air relieved the stifling atmosphere. Thousands who could afford the holiday flocked to the beaches, but even in these crowds women and children fainted and men were overcome, making the trip from home a doubtful experiment so far as securing any comfort was concerned.

At 8 a. m. the mercury stood at 80 and rose slightly until the maximum of 96 was reached at 4 o'clock. The humidity was 72 at 8 o'clock, but lessened steadily until but 35 was registered, when the temperature was highest. It was a busy day for the hospitals and the ambulances were continually on the street.

As usual most of the reported deaths were among the poorer classes. The prostrations, however, were not confined to these, and many persons in apparent good health succumbed.

Orders were issued today keeping open through the night the park gates and permitting those who would to spend the night in these places.

WOMAN FOUGHT BURGLAR.

An Exciting Midnight Struggle At Chatham, Ont.

Chatham, Ont., July 18.—Early on Saturday morning Mrs. Ada Bedford a colored widow woman living on Prince William Street, was the victim of a brutal assault and attempted robbery. The old lady works out by day and is reputed to be well off. She lives alone in a well kept cottage and is said to have money hoarded up. She retired as usual Friday night, but Saturday morning, having carache, got up for medicine for it. When going into the other room she was astonished and horrified to see the head and shoulders of a man partly through the window. As there had been some other similar attempts, she had firearms in the house, and snatched up a pistol as the intruder advanced advising her to keep quiet. She snapped it at him twice with no other result than to enrage the man, as it missed fire. The marauder then closed with her, and grabbing her by the throat, tried to choke her. She again tried to use the pistol, but it missed fire, and she pounded her assailant over the head with the butt until he, fearing that the sound of the struggle would attract attention, hurriedly departed the way that he came. The police was not notified until late Saturday afternoon, as she has a horror of the police and notoriety. The man is described as tall, brown side whiskers, with small, soft, white hands, dressed in black, with a soft black, slouch hat.

SINGING, SANK WITH SHIP.

Gallant Sailors of Takasago Died With A Song on Their Lips.

Tokio, July 18.—The story of the loss of the Japanese cruiser Takasago in December last, only published since the destruction of the Rojesteveny fleet, is a military classic. After the Takasago struck a mine and began to sink, the crew assembled in perfect order on the upper deck there to await the battle with the stormy sea and death.

Captain Ishibashi ordered every man to use a life belt, and directed no one jump overboard until the ship actually sunk. The crew then joined in singing the national anthem, cheer the Emperor, and, lastly, they sang, "Gallant sailors," their 500 voices ringing out above the storm. After that, as a relaxation, the men were allowed to smoke, and thus they calmly went to their deaths. Of 500 men who went down with the Takasago only 133 were saved.

FOUGHT WITH BIG SNAKE.

Cincinnati Man Rescues Children from Big Reptile.

Buffalo, July 18.—Two children were rescued from a deadly snake by Dick Meyer, a saloonkeeper, at Western Avenue and Liberty Street, says a special from Cincinnati to The Courier. He heard the screams

of the children in a cellar at No. 1,020 West Liberty Street, and rushing to the place, found them staring at a big reptile. It had apparently charmed them, and the children were helpless with fright.

Meyer drew a revolver and an exciting fight followed. Four shots were fired into the wriggling snake, which kept Meyer dancing about to avoid its attacks. He finally grabbed a pitchfork and killed the reptile. It measured seven and a half feet.

HAD MUCH TROUBLE.

A New York Angler who Travelled in Hard Luck.

A gentleman from New York, who arrived here Monday en route to the Miramichi on a fishing trip, was in anything but a happy mood when he got away from here Tuesday morning. He had intended leaving on the 4-20 train, Monday, but his trunk missed connection on the New York and New Haven Railway, and did not arrive until the 10-40 train Tuesday night. The stranger procured an order from the customs authorities for the trunk, and gave it to the hack driver, with instructions to get the piece of baggage and deliver it at the I. O. R. station. His intention was to take passage from here by the freight train which leaves here at the early hour of five in the morning. With the assistance of the hotel porter he reached the depot in time, but imagine his chagrin to discover, just as he was about to board the train, that the wrong trunk had been delivered. It was too late then to rectify the error, and the train left without him. He decided to procure a team and drive to Stanley, but here again he was balked, as the liverstable men were unable to put him across the river on account of the damage to the bridge. As a last resort he boarded a train and went to Gibson, where he finally succeeded in engaging a horse and rig.

MOTHER KILLER HER BOY.

He Walked in His Sleep and She Mistook Him For A Burglar.

Lillieton, W. Va., July 18.—Tilden Dass, twelve years old, was shot and killed early today by his mother, who mistook him for a burglar. The boy arose in his sleep and wandered about the house. His mother heard him, and quietly secured a revolver. Soon afterwards she saw a form on the roof of the porch, and moving stealthily to her bed room window. She fired. It was some time before she summoned sufficient courage to go down stairs, where she found the lifeless body of her son. It is feared that the shock will prove fatal to her.

"There is nothing new under the sun" was not women's whims.

Pepper.

White pepper is apt to be purer than the black, which is largely an admixture of pepper shells, pepper dust and other adulterations.

Abbottsway Swans.

There are more than 1,000 swans at Abbottsway, in England, living a perfectly natural life and none of them pinioned. The visitor sees the largest birds in England in full flight, for the Abbottsway birds use their wings for all journeys to and from the sea or down the long lagoon called the Fleet, that divides the shore from the beach.

Honey.

Honey is one of the most nourishing things in the world. If mothers knew its value they would more often delight their children's hearts with a piece of bread and honey.

Rough Music.

In many parts of England a husband who beats his wife or a wife who henpecks her husband is serenaded with "rough music"—that is, the sounds produced by drums, tin pans, horns and other objects, the general effect being that of a charivari.

A Bank Note Expert.

A man has been arrested in Paris whose method was to tear a different piece off each of a number of bank notes and then, placing the pieces together, produce a complete bank note which he was able to pass.

Celery.

Celery is not good for birds. A bit of apple is much better. Cabbage and lettuce are not at all injurious.

A Noted House.

The house situated under the shadow of the Lizard lighthouse, formerly occupied by Mr. Thomas Hart, the distinguished artist, is the southernmost house in Great Britain.

London Fog.

It is calculated that when an ordinary dense fog hangs over London it contains the smoke of many thousands tons of coal; hence the "fog headache," which is one of the delights of winter residence in the British metropolis. Strong tea or coffee is a palliative.

Books Sold by Weight.

Among the curiosities of the city of Buenos Ayres in a second hand book shop, where the wares, principally legal and scholastic, are sold by weight.

Tobacco and Deafness.

Tobacco has been discovered by M. Delle, a French physiologist, to have a selective action upon the auditory nerve. He therefore cautions moderation in the use of the drug and avoiding it altogether where deafness has already begun or where there is a family history of such troubles.

Stupid women are not without their uses. They are valuable as contrasts, if for nothing else.

Lever's Y-Z (Wise Head) Disinfectant Soap Powder dusted in the bath softens the water at the same time that it disinfects.

COUGH NO MORE

SPRUCINE

THE REMEDY OF THE DAY

A definite preparation of Spruce Gum, Wild Cherry, Hoarhound and Tar.

Scientifically combined in the form of agreeable and palatable Syrup.

One of the most reliable preparations yet introduced to the public for the immediate Relief and Cure of Coughs, Colds, Bronchitis, Hoarseness, Whooping Cough, Croup, Asthma, and all diseases of the Throat and Lungs.

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New Roller Blinds from 25c. to 50c. each.
Window Poles with wood trimmings in oak, cherry and walnut at 25c.
Floor Oilcloths, all widths at 25c. per yd.

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