VEN a good cook likes to

work with "easy" ingredients. But she has learnt that all is not gold in fact that glitters in promise. Does the following look to you like a gilded promise or a truthful

Gold :

Regal Flour makes the best quality and the utmost quantity of bread per barrel of any flour you have ever used., White, light loaves always. And pastry of melting flakiness.

Substance:

Unless Regal Flour proves every bit as worthy as we say, your dealer will return your money. We protect him in that. Isn't that a substantial offer? The sooner you ask for Regal the easier your bakedays.

IMPORTANT WORK

LAWRENCE FLOUR MILLS CO. Limited

The Coming Out?—If Dry, Brittle, Thin or Your Scalp Itches And is Full of Dandruff—Use "Danderine" of Danderine" of Lower pote cases of the part of the State of Lower potential of the State of Lower potential of the Lower potenti

Why is a Bore? By RUTH CAMERON

frequently misses our subtle jokes, that she has acquired the habit of defending herself from mistake by that question.

"No, of course it's not a joke," said Molly. "It's just this. There's a man in our office who bores everybody to extinction. We all do anything we can to avoid talking with him, and yet he ought to be interesting for he has had a splendid education and has travelled around the world. Now what I want to know is, what makes him a bore and other people interesting when they haven't been anywhere or had half his education? In other words, why is a bore? I wish you'd think of all the bores you know and tell me,"

The authorman's wife still looked as if she thought it was a very silly question, but the wants-to-be cynic took up the gauntlet.

"A bore," he stated, "is someone who knows so much more than you do that he makes you feel stupid."

"Horrid thing!" said Molly. "It wasn't that at all. For I just love to talk with Mr. Graham and he knows twice as much as this man. Besides some people (with an icy emphasis on the some) who don't really know much of anything bore me, so that could hardly be the reason."

"Why, Molly," interrupted the lady-who-always-knows-somehow pacifically, "I think a bore is just a person who doesn't have any of the same interests that you do. That makes him a bore to you, he may not be to everybody."

"No," said the authorman, "I don't think that's so, lady. There are some people who are just born bores—bores to everybody. It seems to me that a bore is a person who never thinks, really thinks out thoughts of his own, I mean. He just takes the ideas and thoughts he finds current and uses them over and over again. He's the kind of person that's always quoting proverbs and always saying things like, 'It never rains when you take your umbrella."

"The earl of man. He just the wants-to-be-cynic who had been in disgrace since his first attempt, and then as we waited for something worth while at last he announced triumphantly—

"A bore is a person who bores you."

"Why is a bore?

THE UNION THE COLOR AND THE CO

Daily Hints For the Cook

WATERCRESS SALAD.
Wash the cress and wash well, dry in clean towel. Chop an onion, 2 radshees, 1 spoon grated horse radish. Serve

When cooking a blancmange, while yet soiling mix a piece of butter with it, then you will find it turn out of the mould when cold without any trouble, and also t will have a much glossier appearance.

LAXATIVE BROMO Quinine, the world wide Cold and Grip remedy removes cause. Call for full name. Look for signature E. W. GROVE, 25c.

A Reliable All Around Household Remedy

Duffy's Pure Malt Whiskey i used in Mr. Agor's home a the family medicine. He ha used it most successfully fo bowel troubles, nervousne.

and colds.

It should be in every familmedicine chest—the verbest for emergencies. Use
for over half a century.

In his letter he says: "I have used Duffy's Pure Malt Whiskey in my family for the last eight years. It is certainly a wonderful remedy for colds, bowel trouble and nervousness. We take it as an all-around household remedy and feel sure it can't be beat." John Agor, R. F. D. No. 3, Hammondsport, N.

Duffy's Pure Malt Whiskey

is an absolutely pure distillation of clean, selected grain, carefully malted and so processed as to remove, as far as possible, all injurious elements. It is manufactured for the purpose of supplying the profession and public in general with a reliable tonic and stimulant, and without question is the purest and best. It is a recognized specific to enrich the blood and build body and muscle, and in the prevention and relief of coughs, colds, and stomach troubles it has no equal. It makes the old feel young and keeps the young strong and vigorous. makes the old feel young and keeps the young strong and vigorous.

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Absolutely pure vegetable oils made fragrant by flower extracts, which help the skin, make Baby's Own Soap the best for toilet and nursery use.

Its fragrant, creamy lather delights all.

New York, Oct 22—Sld, sch Silver Leaf, St John (N B). MARINE NOTES.

West Indian Line S. S. Briardene safled last night for the West Indies via Halifax with general cargo.

Steamer Stadium, Captain Lewis, left St. John at 1 p. m. Monday for Alma, with two barges, and moored them at Alma. She picked up a schooner and started for St. John. At 3 a. m. yesterday the schooner was anchored and the Stadium placed at her dock. The shortest time the round trip was ever made before was twenty-four hours.

A. W. Adams has received word that the schooner Jennie A. Stubbs from St. John arrived in New Bedford yesterday.