

GREAT BRITAIN says
NO ALUM
IN FOOD
and strictly prohibits the sale of alum baking powder—
So does France
So does Germany The U. S. Congress has made the sale of alum foods illegal in Washington (District of Columbia), and alum baking powders are everywhere recognized as injurious.

To protect yourself against alum, when ordering baking powder,
Say plainly—
ROYAL BAKING POWDER
and be very sure you get Royal.
Royal is the only Baking Powder made from Royal Grape Cream of Tartar. It adds to the digestibility and wholesomeness of the food.

When the prize is set, there's a chance for us to win it. As if our hearts were in it; but we will miss the goal, in spite of talents clever, if no warmth or earnestness. Mark each day's endeavor.

If you imagine that you "have a kick coming," just think of Mrs. Bella Cook, aged 87 years, and bedridden for 53 years, supporting herself all that time. She certainly gives an example of courage and patience that calls for admiration. —New York Herald.

BEAVER FLOUR
A PERFECT BLEND OF MANITOBA AND ONTARIO WHEAT

Manitoba wheat contains more food value than any other. It makes the most nutritious Breads and Biscuits. But it contains so much Gluten (Nourishment) that the dough won't rise properly, and the bread is both heavy and gray.

That is the reason, too, why Manitoba wheat flour does not yield good pastry.

Ontario wheat does not give as nutritious bread as Manitoba wheat. But what it lacks in food properties, it equals by its Biscuits, Cake and Pastry. For Pastry, alone, Ontario flour is better than any other flour made of a single variety of wheat.

But there is no need to go to the expense of buying two flours.

Beaver Flour
is both a bread flour and a pastry flour. It is a blend of Ontario Fall Wheat and Manitoba Spring Wheat. It contains just the right proportion of each to make the most nutritious Bread—the whitest Bread—and the lightest, most delicious Pastry of all kinds.

Beaver Flour also yields MORE Bread, etc., to the barrel, than any other.

No matter what other flour you are using, you are not getting the best results because you are not using the best flour.

Order a trial sack of Beaver Flour. The first baking will prove its quality.

At your Grocer's.

Dealers—write for prices on all kinds of Flours, Coarse Grains and Cereals. T. H. Taylor Co. Limited, Chatham, Ont.

Choice Wedding Gifts
You'll find at our store many things in Sterling Silver, Plate-ware, Cut Glass, etc. which we have just opened for the coming Wedding Season. We invite you to come and inspect our stock. Prices always the lowest, quality the best.

J. E. SANCTON, BRIDGETOWN.
FOR SUMMER TRAVEL
NEW AND COMPLETE STOCK OF
Trunks, Suitcases and Bags.
CANNOT DO BETTER FOR YOUR MONEY

GEORGE M. LAKE
Call on us for your harness and boot and shoe repairing

The Rat Plague

(Paris letter in New York "Times.")
Rats as a menace before which humanity may disappear is a theme developed with disquieting precision by Dr. A. Calmette, a French scientist, in the current number of the "Revue du Mois." Dr. Calmette predicts that mankind will have to engage in a general warfare on rats before many more years elapse if the world is to continue to be habitable. He points out that different countries have different breeds of rats which are no great menace in themselves, which in fact, are often useful. The peril comes from the migratory rat, otherwise known as the sewer rat, which has been evolved by civilization and which follows the march of man into every clime. Rats of other breeds have been known ever since man began to keep records of the things around him. The migratory or sewer rat is modern. The first mention of him was made only in 1620, when he was a native of Persia and East India. He did not invade Europe until the eighteenth century.

At that time he was driven out of his old haunts by the widespread famine in those regions and of which he was largely the cause. Old chronicles report that millions of the vermin crossed the Volga in 1727. They made their appearance in Prussia in 1780, and were first seen at Paris three years later. The newcomers were not welcomed. Within a week, sixteen thousand were slain. This made no apparent difference in the ranks of the invaders.

Dr. Calmette says that the sewer rat did not appear in America until 1865, when he was first noticed along the coast and in various seaports. As late as 1870 he had not yet reached the headquarters of the Missouri. By 1900 he had gone up to the permanent ice belt.

At present, the scientist continues, this migratory rodent is destroying in the West Indies, in the Azores, and in the Cape Verde Islands annually hundreds of thousands of dollars' worth of coffee, banana, sugar, and orange plantations. As a sample of what he can do, the case of an island in the estuary of the River Humber is cited. This island was once completely covered with rich grass, which kept in good condition all the year round about three thousand head of cattle. The island is separated from the shore by half a mile of water. One day the place was infested by swimming. This was fifteen years ago. To-day there is not enough verdure on the island to nourish a rabbit. The whole island has been honeycombed by the rats so that it cannot even be reclaimed by cultivation.

In a number of the Channel Islands where nothing grows but a few ferns and mosses, there are also many thousands of rats. How they found sufficient food was long a matter of curiosity, but one day a scientist, bent on investigating the matter, dug up one of the numerous rat holes and discovered, not without surprise, six large crabs in a single pocket of the earth, while there were six in another. The crabs had not gone there by themselves, that was evident, for all of them had their legs cut off. Investigation showed that the rats were in the habit of making their crabbing expeditions at low tide. To immobilize their victims and render them harmless, the rats captured them as soon as they were seen, and in good condition. Whether the wily rats kept their prisoners fed or not is unknown.

The sewer rat is perfectly at home in sea water, and, according to Dr. Calmette, is always on the lookout for an attractive ship in which to take passage for some foreign port. He will wait patiently until night-fall and then swim out to some yacht which has pleased his fancy and crawl aboard by way of the anchor chain. He is extremely prudent and is not easily caught. The amount of damage these rats do annually in the cargoes of seagoing ships, in docks, and warehouses would count up easily into the tens of millions. They are almost omnivorous, eating everything from meat and poultry to the bark of young trees. They have been known to kill ducks and chickens that were almost fully grown. They have even been known to attack children and old people. It is reported that a few years ago these hairy quadrupeds organized a regular expedition against the Pitt Hospital. They were only banished after the nurses and physicians charge had used hundreds of pounds of sulphur and disinfectant.

NOW I AM WELL
THANKS TO "FRUIT-A-TIVES"



Eli, Manitoba.
I wish to state, for the sake of others who may be suffering like I was, that I suffered from severe indigestion and constipation for years and that there was also womb trouble with unpleasant pains in my back which made me miserable, constantly. I tried physicians and took many remedies but I got no relief. I was induced to try "Fruit-a-tives" and I can't say this was the first medicine that ever did me any good. "Fruit-a-tives" quickly relieved the constipation and indigestion and completely cured me of all symptoms of womb trouble. I cannot express too strongly my great gratitude to this medicine. I am as well now in every way as ever I was, thanks to "Fruit-a-tives". I can strongly recommend "Fruit-a-tives", it is easy to take and the effect is always mild like fruit.

(Sgd) Mrs. M. DEER, ex. "Fruit-a-tives" Co., Toronto, Ont.
Many women suffer with what the doctors call "Womb Trouble," "Fruit-a-tives" or "Fruit-a-tives" Liver Tablets" are sold by dealers at 50c a box — 5 for \$2.50—or will be sent on receipt of price. Fruit-a-tives Limited, Ottawa.

and other Mediterranean ports which have learned much by tragic experiences in the past.
Dr. Calmette concludes by showing that within two years a single pair of rats will ordinarily multiply to 1,536. That is one of the reasons why he thinks that unless something is done rats will some day be the only animals left on the surface of the globe.

BADLY SPRAINED ANKLE CURED
Three years ago our daughter sprained her ankle and had been suffering terribly for two days and nights had not a minute of Mr. Chamberlain's Pain Balm. We went to the store that night and got a bottle of it and bathed her ankle two or three times and she went to sleep and had a good night's rest. The next morning she was much better and in a short time could walk around and had no more trouble with her ankle.—E. M. BRUMMITT Hampton, Tenn. 25 and 50 cent sizes for sale by
W. A. WARREN, BRIDGETOWN, W. W. WADE AND BEAR RIVER DRUG STORE, BEAR RIVER.

A FATAL CANOE RIDE.
Worcester, Mass., June 7.—The treacherous canoe claimed three victims on the waters of Lake Quinsigamond late today while a fourth member of the party barely escaped. One of the victims is either Fred Ketchell or Fred Fa-well, 17 years, who worked for Mrs. Calvin Gay, at 19 Walnut street, and whose home is believed to be in Pittsburg. The two other victims are girls of about the same age, whose names are unknown. Allison Dwight Watrous, of 22 Maple Road, was rescued.
The two boys went to the Lake in the afternoon. On the way they met two girls whom they asked to go canoeing. Only Ketchell knew the girls.
To avoid the splashing water when rocks were thrown at them the girls leaned on one side and the canoe partially filled. The girls then moved quickly to the stern where Ketchell was sitting, and the canoe went down, stern first. Watrous clung to the bow of the canoe until he was picked up. The bodies have not been recovered.

Spent Eighteen Dollars
"Gentlemen—I have pleasure in stating that I have used \$18.00 worth of Psychine, and as a result was cured of every serious throat and lung trouble. My case was a most difficult one, and the doctors had practically said that I could not get well. I tried Psychine, and it did me so much good that I continued its use until I had taken \$18.00 worth, with the result that I am now a new man physically. I have gained thirty-five pounds."
"It is with the greatest confidence that I recommend Psychine to all who are afflicted with throat or lung trouble."
Yours truly, C. A. FINKHAM, Scottsboro, Que., Sept., '07.
This man speaks from experience. Psychine cures all throat, chest, lung and stomach troubles and gives renewed strength and vitality to run-down people. At all druggists, 50c and \$1.00, or Dr. T. A. Sloum, Limited, Toronto.

The Outdoor Life.

Houses were made for shelter, not for confinement; for freedom, not restraint; they were intended to enlarge our sphere of activities, not to diminish them. They were to provide us a protection against the elements so that busy happy life could go on unhindered by season or climate, heat or storm.

After food, they are the first requisite—the first trace of himself which man imposes upon the natural world, and the most primitive and lasting evidence of the handwork which grows into all the arts of all the centuries. They foster the family and make progress possible, but we should not abuse their protection.

We have crawled away into their still and comfortable recesses, slept in their dry clean chambers, toasted ourselves over their sheltered fires, read by their unflinching lights, and eaten from their beautiful boards so long, that we are grown pale, timid, peevish and "thankless" without them.

We have kept ourselves away from the wind and the sun and the lashing rain, from the feel of the earth under foot and the sense of the leafy, green stars overhead, until we no longer know the keen and simple joys of being alive.

We have set up barriers against the inclemency of nature, and covered before her severe austerity, until now we have forgotten how indispensable is all her kindly nature, how tonic her rugged ways, how full of solace her assuaging calm.

Houses were only made to live in when it is too cold or too hot, or too wet to live outdoors. Any other time out-of-doors is best. Out-of-doors is the only place where a man can breathe and sleep to perfection, and keep the blood red in the cheeks; and those are the three prime factors in the life of humans. The three first great rhythms of our being. It is almost impossible to get enough fresh pure air inside four walls, and it is not possible at all to keep the wholesome flush of health in rooms unvisited by the daily sun.

To keep out-of-doors for a month is better than a trip to Europe. In this climate one must have a roof, of course; but any piazza that is open to three-quarters of the heavens will serve as a bedroom, and the rest in happiness is unbelievable. With an abundant supply of good air the sleep soon grows normal, deep and untroubled and refreshing, so that we open our eyes upon the dawn as gladly as a hunter or a paragon shepherd in the morning of the world.

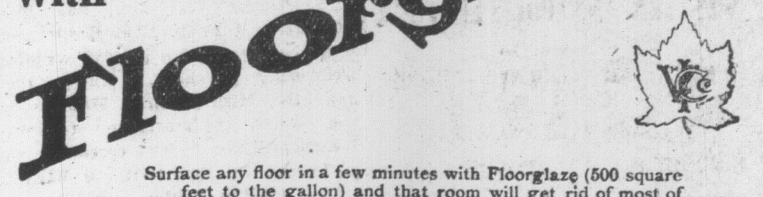
We grow anxious and flustered and harried with distractions, the calm of a companion; and we groan in spirit that the universe is all away; when in truth half a dozen deep breaths of clean air would lend a different complexion to life. Our anxieties are nearly all artificial; and are bred in floors, under the stifling oppression of walls and roofs and the maddening clangor of pavements, and a day in the open will often dispel them like a mist.—Bliss Carman, in "The Craftsman."

"You can't beat the Yankees. They will sell you a turkey for Christmas and when you come to market in the spring for millinery they will sell you the feathers. You can't beat 'em."—Exchange.

The crusade against tobacco as well as liquor is spreading. The Syracuse University distributes yearly about a thousand scholarships, but Chancellor Day has announced that none of these scholarships will be given to students who use tobacco or attend theatres. He declares that "young men who can afford to pay for needless luxuries and indulgences can afford to pay for their own tuition."

THINGS THAT MAKE WORRY IMPOSSIBLE.
Good, robust health is a great enemy of worry. A good digestion, a clear conscience, and sound sleep kill a lot of worry.
Worry is but one phase of fear, and always thrives best in abnormal conditions. It cannot get much of a hold on a man with a superb physique, a man who lives a clean, sane life. It thrives on the weak—those of low vitality.
It is not a very difficult thing to make worry impossible. Many people make it impossible for most kinds of disease to get a hold on them because they have such strong disease-resisting force. Disease always attacks us at our weak point.
The great desideratum is to keep one's physical, mental and moral standard so high that disease germs, the worry germ, the anxious germ, cannot gain a footing in our brain. Our resisting power ought to be so great that it would be impossible for our enemies to gain an entrance into the brain or body.

Fight dust—make the house cleaner with



Surface any floor in a few minutes with Floorglaze (500 square feet to the gallon) and that room will get rid of most of the dangers that lurk in dust. Practically, a Floorglazed floor is one seamless and germ-armed sheet of beautiful color (ten charming shades of Floorglaze—anyone can put it on right)—and it just CAN'T wear off. This is the floor finish that dries hard overnight, with a brilliant gloss which lasts. It is so durable that it does perfectly for floors exposed to the weather (verandas, summer houses, etc.). Nothing else is so well worth the money. Your dealer surely has Floorglaze. But, if he hasn't, we will see your demand filled. Tell us the dealer's name, and allow us to send you a Free Book you'd care to read.

Imperial Varnish & Color Co., Limited, Toronto, Ontario
"Recommended and Sold by Karl Freeman"

MORSE'S TEAS

There are thousands of people in this country who have been drinking MORSE'S TEA, practically every day of their lives for the last thirty-seven years. Many of them have told us that there is no Tea whose flavour they like so well. They also say that it goes farthest.

J. E. MORSE & CO.

Royal Household Flour
in preference to inferior flour, buy health. Nothing contributes so much to the food you eat as flour, and therefore nothing should be more carefully bought. Ogilvie's Royal Household Flour is the whitest, cleanest and most nutritious flour that is milled. It is the only flour that is absolutely pure. Ask your grocer.

Ogilvie Flour Mills Co., Ltd. Montreal.

SEEDS! SEEDS! SEEDS!
Now in Stock:-
Rennies xxx Timothy, Red Alsike and Crimson Clover Oats, Buckwheat and Cow Corn, Turnips, Mangolds, Sugar Beets carrots and a full line of all Garden Seeds.

2500 lbs Vitriol and Paris Green for Spraying

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IT WON'T COST YOU ANYTHING. IT WILL SAVE YOU MONEY

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If you want to know how good BEEF can be, order it from us.
If you want Clean, Wholesome and carefully Dressed Beef, order it from us.
If you want BEEF just when you want it—no later—order it from us.

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