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Ceylon Tea, on a Sealed Lead Packet is put there as your safeguard and guarantee "Beware of Imitations."

BLACK OR NATURAL GREEN } Both Equally Pure.



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Cleanser is a

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The fine particles cut the grease and the caked dirt, loosen and remove the hardest "burnt-in" food crusts in a jiffy. It's the quickest, easiest, a most sanitary cleanser.

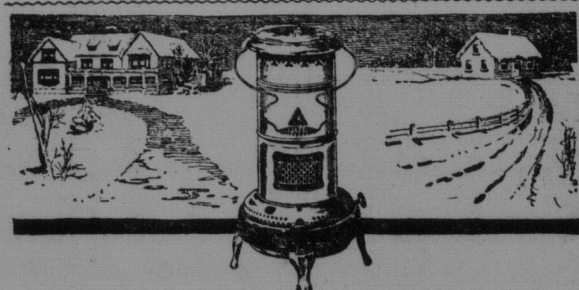
Many other uses and full directions on large Sifter-Can 10c.

## For Baking Success

### —This Oven Test

Success on some baking days can be expected no matter what flour you use. But constant success is rarer. It can be assured in only one way. The miller must select his wheat by oven test. So from each shipment of wheat we take ten pounds as a sample. We grind this into flour. Bread is baked from the flour. If this bread is high in quality, large in quantity, we use the shipment from which it came. Otherwise we sell it. Constant baking success comes as a matter of course from flour bearing this name

"More Bread and Better Bread" and "Better Pastry Too"



IN THE big, roomy house or in the small cottage there is always some cold corner where extra heat is needed.

**PERFECTION**  
SMOKELESS  
OIL HEATER

Solid Comfort in Cold Weather

gives you heat, where and when you want it. The new model Perfection Heater, just on the market, has improvements that make it the best heater ever made. No smoke—automatic-locking flame-spreader. No smell. Flat font insures steady heat. Indicator in sight. Burns nine hours on a gallon of oil. Finished with blue enamel or plain steel drums; nickel-plated. Stock at all chief points.

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**THE IMPERIAL OIL COMPANY, Limited**  
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**\$50 GOLD PRIZE**

**STY. S. S. EST. GY.**

ALSO A PRIZE OF \$10 for NEAREST SOLUTION. Somebody Contest telling us WHAT "PROVERB" IS REPRESENTED by the above illustration. A \$50 GOLD WATCH or... \$50 IN GOLD MONEY! as stated in the certificate of a tie between two or more persons for the prize, a prize identical in character and value with that one for will be given to each person tied. Try at once. It may be you. Use your Brain. Send no Money. Write your answer on a Postcard or letter, giving name and address plainly.

**BRITISH WATCH CO., Dept. 37 Montreal, Canada**

## Billie Burke

ON PERSONALITY

THE FIRST WORD.—A pleasing personality will usually bring you anything you desire.

The modern woman in her mad search for physical beauty is neglecting a much more important part of womanly fascination.

A magnetic personality is much more to be desired than beauty of face or figure. To have a personality which draws people to you, you must have a combination of many things, of which physical beauty is but one.

Everything a Woman Thinks, Does and is, Enters into Her Personality.

We, of the stage, know that personality is our greatest asset. Some of us, however, have almost come to hate the world because, try as we may to perfect ourselves, in our art, the critics persist in seeing only the personal side of us.

Yet, personality has given face to every successful man or woman since the world began. Napoleon's personality made millions of loyal Frenchmen drop in the freezing Russian wastes with "Vive l'Empereur" on their dying lips. Not the beauty of Mary, Queen of Scots, brought men gladly to her precarious cause; it was her personality.

Beautiful women of tradition and history were seldom of classic features. Neither did they measure up to the modern beauty standard. It was personalities which made men declare "The world well lost, and all for love."

I presume that more has been said about the Billie Burke personality than that of any other American artist, excepting that of Ethel Barrymore. And when people write or talk about it, they always intimate that it is a part of me, something, I cannot help. They do not realize that the personality of anyone is that part which you build up from day to day; it is the part of your secret soul that is affected by every vagrant thought, every unstudied action as well as by your highest ideals and greatest deeds.

If you are interested in life, in your fellow man and in your work; if you can sympathize with the sorrowful and laugh with those who come to you with a smile, if you can live to the fullest every God given moment, if you can put self behind and enter into your everyday work, your friends will talk about your magnetic personality.

You must know, however, that you cannot be mentally and morally fine without being physically fine. Indeed the best authorities say that those who neglect themselves phys-



The woman of fascinating personality must have beauty as well as brains, and every mother should teach this to her daughter, both by precept and practice.

Just one last word. Personality is the golden side of the shield of feminine fascination.

Billie Burke

## Mainly Of Men And Maids

(Montreal Daily Star)

THE man or woman without a hobby is usually an unhappy person in his or her spare moments. But while we advocate a hobby, let us try to have one that is wholesome, a hobby that will brighten up, broaden us, and others. One danger there may be of working it to excess, and in no hobby is this more apt to happen than that of fancy work.

I do not mean to altogether decry the custom of having a pretty piece of fancy work to pick up at odd moments, but to protest against the extent to which it is carried by some girls. That fancy work if not overdone is quieting to the nerves may be very true, and sometimes we all feel the need of something purely mechanical to do in which thoughts are as it were, lulled to sleep in the endeavor to count the stitches or match some color.

There are some women, however, who are compelled to spend an evening or afternoon by themselves are perfectly miserable if they have not some

"two by four" pieces of linen on which to work some fancy stitches. I have known some girls who upon returning home from work, would immediately pick up their embroidery and continue at it till bedtime, laying it aside at last with eyes too tired to read, and inclination to mend the gaping hole in stockings or lingerie quite gone. One girl noted for her hand-work was often criticized by her family for her ragged lingerie. Her mother would exclaim: "Well, Jeanette, I hope that you may never meet with an accident in the street and have to be taken to the hospital or to any place where people would see your carelessness."

Girls in offices sometimes have a piece of needle-work tucked away in a drawer to be caught up and worked at during any lull in the office work. Surely, this is very unbusinesslike, and could hardly find favor with an employer. Teachers in schools are especially prohibited from taking anything of the kind to their school, but needless to say this rule is sometimes

transgressed by the girls at lunch hour and at other times, when instead of resting body and mind, by a brisk outdoor walk or recreation of some kind, they "cover over their fancy work."

The time passed when women are expected to spend hours each day at their samplers and embroidery frames, and manufacturers have aided in this by producing materials of such exquisite textures that needlework might almost be dispensed with. A cover of a sofa cushion, which though indifferently well worked has taken many, many hours to accomplish and compare it with a cover of dainty satin, tapestry, or even cretonne and one would hardly feel repaid for all the time and energy expended. Of course, there is a certain charm about hand made articles, but do not push the handwork to such a point that you have no time left for study, reading, keeping up your practice, or even for quiet meditation and repose of which accomplishments we are all too chary nowadays. —Montreal Daily Star.

## A New Way To Wash Shirtwaists

Fine waists are very much the vogue now. Sheer apices, muslins, marquette, shadow lace, tulle, etc., are very pretty, no doubt but how many of these are ruined when washed. To be freshly washed and ironed; consequently, the laundry bill is a big item when these are done outside.

Starch, either cooked or cold, is not very satisfactory as it spoils the look of the thin material and has a tendency to shrink it. Also, it is the mode of the soft waists, and starching does not harmonize with the requirements of the present fashion.

Here is a good way to wash and iron the sheer blouse which will give you a more satisfactory result.

Let the shirtwaist soak in warm soap

suds, in which a little washing soda has been added. This soaking is necessary as the material is so delicate that vigorous rubbing must be avoided. After a few hours warm water and wash lightly. Rinse in two or three waters and use a little bluing in the last water.

Prepare a little beforehand a composition of gum arabic, and water, the solution must be a little strong. Dissolve in hot water, and add a thick syrup. Pass this liquid through a flannel so as to strain all impurities. Put this in a tightly closed jar and use it when necessary.

When the moment has come, that is to say when the shirtwaist is quite

dry, put a tablespoonful of the liquid in about a pint of water. Soak the shirtwaist in this and wring out. Roll it in a cloth and let it dry slightly. When it is half dry iron it, this operation is easily performed and with a little practice you will soon attain perfection.

Laces and embroideries will be ironed, on the wrong side, care being taken to press the iron in well where the embroidery should stand out. Several thicknesses of cloth should be put on the ironing board and the embroidery will stand out much better. Laces, embroideries, etc., washed and ironed in the above manner will have the appearance of never having been washed.

## Seasonable Recipes

EVERYBODY loves a bright, red delicious apple, Canada's fruit. There are many delicious ways of preparing apples, and here are a few of them:—

**Apple Dumping.**  
Pare and cut six or seven good apples. Take two cups of sour cream, even spoon of baking soda to each cup of cream. Take sufficient flour to roll, and add a pinch of salt. Put the whole in a pudding bag, taking care to leave enough space for expansion, and boil for two and one-half to three hours. If there is no cream, use one-half cup of shortening, or a little butter, and one-quarter cup and two cups sour milk.

**Jellied Apples.**  
Pare and slice thin a dozen or more tart apples. Place them in a pudding dish, alternating the layers, a layer of apples a layer of sugar, add a little cinnamon. When the dish is filled pour over it a half cup of water. Lay a buttered plate over the top and steam for one hour.

**Apple Float.**  
Make an old fashioned apple sauce by stewing the apples until soft, sweeten and beat. Add the beaten whites of eggs and pile on a nice glass dish. This is delicious served with a soft custard made from the yolks of eggs.

**Apple Batter Pudding.**  
Ingredients.—One cup flour, one egg, one-half cup milk, one-half cup sugar, two tablespoonfuls butter, one-quarter teaspoon of baking powder, one-quarter

teaspoon vanilla, six sour apples. Method.—Cream the butter and sugar, sift flour and baking powder together, beat milk and egg together, add the milk and egg alternately with the flour to the creamed butter and sugar, add flavoring. Put the apples in a batter. Bake fifteen to twenty minutes.

**Sago and Apples.**  
Cook one-half cup of sago in about five times its bulk in water for half an hour. Add half a teaspoonful of salt, a small piece of butter and a heaping tablespoonful of sugar. Pare and core so many apples as will cover the bottom of the baking dish and pour the sago over them. Cook in a moderate oven until the apples are done. If the apples are large they can be quartered, and the baking dish can be about half filled with them, and the sago put over them the same way.

—Ottawa Evening Journal.

## Keeping The Hands And Arms Young Looking

As old pair of loose kid gloves, worn at night, after an arduous day, will do wonders in keeping the hands small, and also in breaking down the fatty tissues, ever. If the bones are large, reducing the flesh will only succeed in making

the bones more prominent, and the hands look old and even larger. It would be better for you to spend your time making them soft and white, and in keeping your nails well manicured. Large hands that are well cared for, have a charm of their own, and ex-

press ability and strength of character of the possessor. Remember, finger nails that are cleaned, filed and softly polished, have much to do with the loveliness of the hands. It is no idle speech to say that a woman who must sweep, scrub, and

## Do As Others Do, Take

this time-tested—world proved—home remedy which suits and benefits most people. Tried for three generations, the best corrective and preventive of the numerous ailments caused by defective or irregular action of the organs of digestion and elimination has been proved to be

## BEECHAM'S PILLS

(The Largest Sale of Any Medicine in the World)

If you have not tried this matchless family medicine, you do not know what it means to have better digestion, sounder sleep, brighter eyes, clearer complexion, which come after Beecham's Pills have cleared the system of impurities. Try them now—and know. Always of the same excellence—in all climates; in every season—Beecham's Pills are

## The Tried, Trusted Remedy

Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold every where in Canada and U.S.A. In large 25-cent

## Try Triscuit To-day



Food science has taught us that there is much body-building nutriment in the whole wheat grain which we do not get in white flour. The only question is how to make the whole wheat grain digestible. That problem has been solved in the making of

## TRISCUIT

### The Shredded Whole Wheat Wafer

It is the whole wheat, steam-cooked, shredded, compressed into a wafer and baked—the maximum of nutriment in smallest bulk. Many people prefer it to ordinary bread toast. Heated in the oven to restore its crispness, it is delicious for luncheon, or for any meal, with butter, potted cheese or marmalades.

### "THE TOAST OF THE TOWN"

Made of the Choicest Selected Canadian Wheat  
A Canadian Food for Canadians

Made by  
**THE CANADIAN SHREDDED WHEAT COMPANY, LIMITED**  
Niagara Falls, Ont.

Toronto Office: 49 Wellington Street East

Time spent using  
**Calver's**  
Tooth Powder  
is time spent well!

—and none know it better than the people who have used this dentifrice for years and years, and are therefore in a position to judge the value of its services—the cleaning action and antiseptic properties—which mean so much to the welfare of the teeth.

YOUR DRUGGIST SELLS IT.  
Tins 25c, 50c, 75c. Sprinkler-top glass jar, 50c.  
For a Trial, Sample and no charge to  
F.C. CALVERT & CO.,  
296, Dorchester Street West, Montreal.

## TWO WOMEN SAVED FROM OPERATIONS

By Lydia E. Pinkham's Vegetable Compound—Their Own Stories Here Told.

Beatrice, Neb.—"Just after my marriage my left side began to pain me and the pain got so severe at times that I suffered terribly with it. I visited three doctors and each one wanted to operate on me but I would not consent to an operation. I heard of the good Lydia E. Pinkham's Vegetable Compound was doing for others and I used several bottles of it with the result that I haven't been bothered with my side since then. I am in good health and I have two little girls."—Mrs. R.B. CHILLO, Beatrice, Neb.

—The Other Case.

Cary, Maine.—"I feel it a duty I owe to all suffering women to tell what Lydia E. Pinkham's Vegetable Compound did for me. One year ago I found myself a terrible sufferer. I had pains in both sides and such a soreness I could scarcely straighten up at times. My back ached, I had no appetite and was so nervous I could not sleep, then I would be so tired mornings that I could scarcely get around. It seemed almost impossible to move or do a bit of work and I thought I never would be any better until I submitted to an operation, but my husband thought I had better write to you and I did so, stating my symptoms. I commenced taking Lydia E. Pinkham's Vegetable Compound and soon felt like a new woman. I had no pains, slept well, had good appetite and could do almost all my own work for a family of four. I shall always feel that I owe my good health to your Vegetable Compound."—Mrs. HAYWARD FOWERS, Cary, Maine.

Beware of Imitations Sold on the Merits of Minard's Liniment. THE ORIGINAL AND ONLY GENUINE



## Silver for Service

When purchasing silver you are sure of dependability and beauty if it is

**1847 ROGERS BROS.**

This brand, known as "Silver Plated that Wins" assures long service because it is the heaviest silverware. Look for the trademark. Sold by Leading Dealers

## FIGHTS

Sir Edw

(Continued from last Saturday)  
Navarino, too, was a battle fought without war being declared. Codrington, in a word, had to endure the argument of cannon-shot, as he sailed into Navarino as into an ostensibly friendly port. He was cleared for action in a trice but his lower-deck ports were not hoisted flat against the ship's sides, but kept square, as at sea in fine weather, as a visible symbol that he did not mean battle. And as the great column of line-of-battle ships—the Asia, Codrington's flagship, leading—glided into the harbor before a gentle breeze, nobody knew whether the batteries on either side would open on them or not.

Never, however, was a sailor better fitted for this difficult task than Codrington. He was not merely a gallant sailor of Nelson's school, a seaman of the utmost skill, familiar with ships and battles since he began his career as a midshipman, but he was a man of forty years before Navarino. He was a gentleman to the backbone, of a staid simplicity, and integrity of character; and, to a degree rare even amongst British soldiers or sailors, he combined the faculty for swift decision with the quality of unshakable composure.

Codrington underwent his "baptism of fire" in Howe's great victory of June 1. He was lieutenant on the Queen Charlotte, Howe's flagship, and had charge of seven guns on the lower deck. The Queen Charlotte, it will be remembered broke the French line by suddenly tacking and passing between the stern of the French flagship and the next ship following. He commanded the Orion, the fourth ship in Collingwood's column at Trafalgar, and was, perhaps the coolest and the hardest fighter of all Nelson's captains. In that battle of giants he strictly ordered his men to reserve their fire till he could put the ship in the position he desired. The ships not merely before him, but behind him, were fired with the thunder of broadsides, but the Orion kept grimly silent. Codrington, indeed, had to halt a British ship near him not to fire into the Orion. "Passing down the line," he wrote afterwards, "through the whole group of those ships whose fortune it was to be placed foremost in the attack, and who then were engaged with their various opponents without firing a single gun to impair my view, although the ship next astern as well as all those ahead of us, were firing broadsides after broadsides, I had an opportunity of seeing more of what was doing than perhaps any other captain in the whole fleet. I suppose no man ever before saw such a sight as I did, or, rather, as we did; for I called all my lieutenants up to see it. So grand, so awful, so tremendous was the scene before me that the impression will ever be fresh in my mind." The coolness which Codrington reserved his fire so long, which made his fire, when he did fire it, effective, was the highest compliment. He chose as his antagonist the Swiftsure, a ship bigger than his own, rounded under her stern, and poured one blast of darting flame and tear of flying shot, a broadside so overwhelming that it carried away three masts of the Turkish ship, and made the unfortunate ship strike without waiting for a second discharge.

A sailor of this quality was, plainly, admirably qualified for leading allied fleets into the bay of Navarino. The Turkish and Egyptian fleets spent some three days, under the protection of a French service, in preparing for Codrington's approach. The fleet formed, in brief, a huge crescent, the lighter ships filling up the gaps in the file. The British and French ships, a cluster of fire-ships, formed either tip of the crescent. Navarino is only a tiny bay, about three miles long by two broad, and as the tips of the crescent, aimed at the entrance, the allied fire, entering the harbor in a long, struggling column, would be met by the converging fire of the 2000 odd guns of the Turkish and Egyptian fleets, to say nothing of the batteries. Ibrahim Pasha, however, allowed Codrington to enter with firing a shot. The allied fire-ships, allied fleet would anchor betwixt horns, so to speak, of the crescent, then, when night fell, the fire-ships, from either tip of the crescent, would be launched on the allied fleet, whole crescent would break into tremendous converging columns, and allied fleet, he did not doubt, would be destroyed.

This ingenious plan was spoiled by Codrington's action. With quick, sure glance he saw the purpose directly he saw the crescent shaped formation of his fleet. Asia was a noble example of the new three-decker now extinct, a stately ship of about 3500 tons burr quick and weatherly, and making her triple pyramids of sails, a stately noble and stately spectacle about three o'clock on the afternoon

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