



**ROYAL YEAST**

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**MAKES LIGHT WHOLESOME BREAD.**

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ROYAL YEAST CAKES  
QUICK PURE  
W. GILLET COMPANY, LIMITED  
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WINNIPEG MONTREAL  
MADE IN CANADA

for political reasons. The natives did not cease to be Christians, and were led in their devotions by an old man who called himself the Bishop of the north. His wife made him a hood, and he was robed like a Bishop. The old man ordained about sixteen deacons, in accordance with the rites of the English Church, but in dedicating new churches he used the baptismal service, sprinkling water over the buildings and giving them names.

Last year the United Kingdom spent roundly \$800,000,000 on intoxicating liquors, representing about \$17.50 per head of the population, or about \$90 per family of five. As the figures include children, abstainers and only occasional users they do not indicate the amount actually expended by the habitual consumers of intoxicants. The total sum is slightly less than six times the expenditure on the army, about four times that on the navy, is a half more than the railway receipts, and exceeds by \$150,000,000 the value of the nation's dwellings. Contrary to the common notion England and Wales expend more on drink than either Scotland or Ireland.

An Old English Penance.—At Whitby, on Ascension Day, is to be seen the keeping of the strange old custom of the planting of the horn-gath, the oldest of the British penances. In the days of Henry II. the lords of certain manors hunted a boar into a hermit's chapel. The hermit shut the door and kept the hounds out, and the barons in their rage slew him. He dying, decreed that as a penance the lords should on each anniversary of his death carry wood to the water's edge at low tide and drive in stakes. Should the erection

**TIME  
TEMPER  
AND  
TROUBLE**

SAVED ON SCRUBBING  
DAY WHEN YOU USE

**Old  
Dutch  
Cleanser**



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not survive three tides their lands should be forfeited to the abbot of Whitby. To this day the ceremony is performed by representatives of the lord of the manor.

"The Seven Bishops."—An occurrence happened recently in London which is probably unique. The Bishop of Kingston was to have taken a Confirmation at Christ Church, Battersea, at 8 p.m. on a certain day, but a message came from him that he would be quite unable to attend on account of illness. The Bishops of Southwark, Woolwich, Kensington, London, and Islington were then approached one after the other, but none could come owing to illness or engagements. At about 7.45 p.m. the Right Rev. E. N. Powell, of Poplar, was communicated with, and, being disengaged, promised to come at once. The candidates and congregation were informed by the vicar, the Rev. E. A. Cartwright, of the position, and hymns were sung and intercessions offered until 8.45 p.m., when the Bishop arrived, and taking up the position with a few cheering remarks, proceeded with the office for the laying on of hands.

Handsome windows have been placed by public subscription in Derry Cathedral in memory of the late Lord Primate of Ireland and Mrs. Alexander. These have been recently unveiled at a special service by the Right Rev. Bishop Montgomery. The Bishop preached from the text Proverbs xx., 27. The window to the memory of the late Primate is at the east end of the south aisle, and the subjects in the main deal with the Archbishop's qualities as a leader, poet, and preacher. The memorial inscription is: "In memory of William Alexander, G.C.V.O., D.D., D.Litt., Bishop of this Diocese, 1867. Primate of All Ireland, 1896. He died 12th September, 1911." The window to the memory of Mrs. Alexander is in the north vestibule. The design is founded on hymns written by Mrs. Alexander, and the memorial inscription is: "In grateful memory of Cecil Frances Alexander, wife of William, Bishop of Derry. She died in this city on the 12th October, 1895." There was a very large congregation present.

## Boys and Girls

### THE GOODY-GOODY GIRL.

When Lucy was an infant small  
She was a model child.  
She never, never cried at all,  
But only slept and smiled.

And then when Lucy older grew,  
And tried to talk and toddle,  
She did no thing she ought't to,  
But still behaved a model.

When Lucy was, say, twelve years old,  
And growing tall and sightly,  
She did whatever she was told,  
And curtsied most politely.

At sixteen, Lucy was a dear;  
At eighteen, quite a beauty;  
She lived without a care or fear,  
And always did her duty.

She was Perfection's Perfect Pink—  
A character unflawed.  
Unworthy thoughts she could not  
think;  
Her mind was fair and broad.

She said the things she ought to say,  
She acted as she should;  
She lived her life the noblest way—  
Oh, my, but she was good.

"What happened next?" you ask of  
me,

Well, I can't answer you.  
I just made Lucy up, you see—  
She's too good to be true.

—Carolyn Wells, in Judge.

### ETHELDA'S TASK.

When great Aunt Jane Duncan came to Edon, she took a liking to her young relative, Ethelda Cassel, and showed it in marked ways. If she wanted anything done that was out of the ordinary, Ethelda was asked to do it, and her response was so kindly Aunt Jane was sure she did not consider it a burdensome task.

"That girl has the grit of her ancestors in her making," said the aged relative as she surveyed her departing niece speeding on an errand of kindness.

## The Breakfast Bell

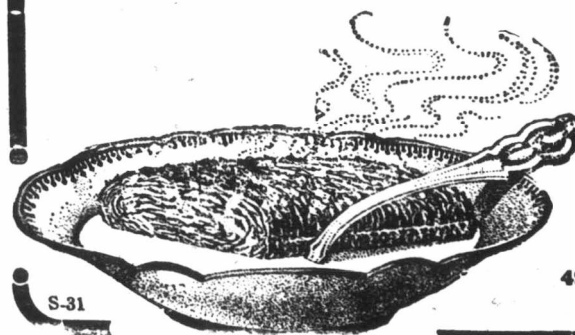
It's music to the ears of school-boys and school-girls in homes where the morning meal is

# SHREDDED WHEAT

served with hot milk and cream. Being ready-cooked and ready-to-serve it is easy to prepare a warm, nourishing breakfast with Shredded Wheat in a few moments—a breakfast to study on, to work on, to play on. Its daily use builds sturdy, hardy youngsters—better than porridges that are bolted down without chewing.

For breakfast heat the Biscuit in the oven a few moments to restore crispness; then pour hot milk over it, adding a little cream; salt or sweeten to suit the taste. It is deliciously nourishing and wholesome for any meal with stewed prunes, baked apples, sliced bananas, preserved peaches, pineapple or other fruits. At your grocer's.

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