

FOOD VALUES

Eggs	385
Beef	410
Mutton	445
Milk	1030
Pork	1035
Cheese	1185
Butter	1365
Potatoes	2950
FLOUR	6540

10 CENTS WILL BUY

Eggs	1
Beef	1
Mutton	1
Milk	1
Pork	1
Cheese	1
Butter	1
Potatoes	1
FLOUR	1

Reduce the Cost of Living

LET us look into this problem of high cost of living. Let us see if we can whittle it down a bit and extract some of its fangs.

We all agree that the cost of living has gone up. Eggs have gone up, butter has gone up, meat and poultry and vegetables have gone up. Everything we put on our tables has advanced in price from 30 to 50%. Except one item—Flour. Most of us have known this in a way sometime but have we ever for a moment realized that 10 cents spent in good Bread buys more real value than fifteen times that amount spent in Eggs, Beef or Mutton. Just glance at the tables above showing the comparison made by the U. S. Government bulletin. From a food

pork, fish or vegetables. The only element of sustenance that it lacks is fat and that you provide for by using butter. Bread is the one item of food that has not advanced in price, and has advanced in quality. Modern first-class bread made from ROYAL HOUSEHOLD FLOUR is vastly superior to the crude bread of our olden times. It is not only better in taste but vastly richer in food elements. It is the result of scientific study and scientific methods of milling. "ROYAL HOUSEHOLD" is the highest perfection of flour. No ordinary flour is comparable with Royal Household for quality and uniformity. One way to reduce household expenses is to eat more bread and pastry made from Royal Household Flour.

Ogilvie's Royal Household Flour

point of view—bread is the most important in our whole bill of fare. Test after test by various Governments has proved that first class bread is in itself almost a complete food and provides most nourishment to the body.

It is a fact that the best bread made from OGILVIE'S ROYAL HOUSEHOLD FLOUR is richer in real food value than anything you may eat. It furnishes more all round food in the shape of carbohydrate than either beef, veal, lamb,

Let us make good, clean fresh, home-made products from ROYAL HOUSEHOLD FLOUR—bread and pastry and cookies and muffins and rolls for the youngsters and in that way we will all get better food and be healthier and wealthier in the long run.

If you send in your address and the name of your dealer you will receive a copy of "Ogilvie's Book for a Cook" containing 125 tried and tested recipes.

Ogilvie Flour Mills Co.
Limited. 34



Immediately something whirled over my head, and before it had struck the water Belphege had roared his orders to the quartermaster, who lowered one of the lifeboats.

"But who is it, Conway?" he cried, as I felt the vessel shake and tremble as the engines reversed.

"Half a million, and I am going for it; thanks for your smartness," was my answer, and I ran towards the davits and scrambled into the boat.

The whole ship was now awake, and the scene was one of indescribable confusion and uproar. The next moment we had shoved away and half a dozen Lascars were laying to the oars as if their lives depended on it. They were making straight for the lifebelt.

"It is not a man at all," I said to the third officer, who was at the helm shivering in his pyjamas; "it's half a million in jewels. Contraband goods trick—steer for the belt, I'll tell you everything afterwards."

"Great Scott! what a game! How did it happen?" he cried.

"You'll see directly. Pull, you Johnnies."

"Atcha, sahib," the Lascars cried, and they bent to the oars, guided by the light that came nearer and nearer. We presently reached it.

"Now, then, you men, keep your eyes open," I cried in frantic excitement. "Pull straight on in the line between the steamer and the belt, and look out for something floating."

The officer at the helm steered in a straight line, and a few moments later I heard him utter a shout of triumph. There was something luminous bobbing up and down on the water. The next instant we were alongside it. The men ceased rowing and I leant over, seized the luminous object, and pulled it in. It was a soda water bottle, evidently coated inside with luminous paint, and attached to it was a piece of cork. I immediately began to haul in the line that was fastened to the cork. Fathom after fathom came up, and at last at the end appeared what I knew was there—the wash-leather belt which contained the Maharajah's regalia.

With less haste we rowed back to the steamer.

"How is Strangways?" was my first remark.

"Coming to," was his reply; "but I never saw a doctor in a greater funk about anyone. He thought at first that it was all over with the poor chap. The girl has disappeared, though. It is an awful thing."

"The girl? Miss Keele? What do you mean?"

"What I say. She leapt overboard. She managed to elude the steward, rushed up on deck, and was over before anyone could prevent her. We have been searching all round the ship while you were going after that half million. We cannot find her, high or low."

Nor did anyone ever find Miss Keele again, and whether she is alive now or dead is more than I can say. Her abrupt arrival on board the *Morning Star* was only equalled by her still more startling and sensational departure.

I went with Strangways a few days later, when he delivered up the belt which had so nearly cost him his life, and Strangways himself told the Maharajah the part I had played in its recovery. The great Oriental thanked me quietly, without demonstration of any kind. Finally he asked me my name and address.

Before I left England on my next voyage I received a neat packet. In it was a ring set with a single stone, a diamond of the first water. I dare not repeat the value which an expert put upon it. It remains when I am at sea in the National Safe Deposit in Chancery Lane—a reminiscence of how I saved the Maharajah's regalia.

BOVRIL

is the best-pick-me-up.

Bovril contains all the concentrated nourishment of beef and a daily cup of hot Bovril will give strength to avoid many an attack of illness.

THE LIFE-GIVING TONIC

Dear Sir:—
I know and recommend your excellent tonic "Wilson's Invalids' Port."
I prescribe it to young persons and to debilitated women and the result is most satisfactory. I congratulate you for having filled with the greatest of care a time-honoured prescription, which is approved by the Medical Profession. I heartily wish you all the success you deserve.
Yours truly,

Dr. J. M. Beausoleil,
President of the Canadian Medical Association.

WILSON'S Invalids' Port

(à la Quina du Pérou)



is probably the only preparation that has received as many written endorsements from prominent members of the Medical Profession of Canada.

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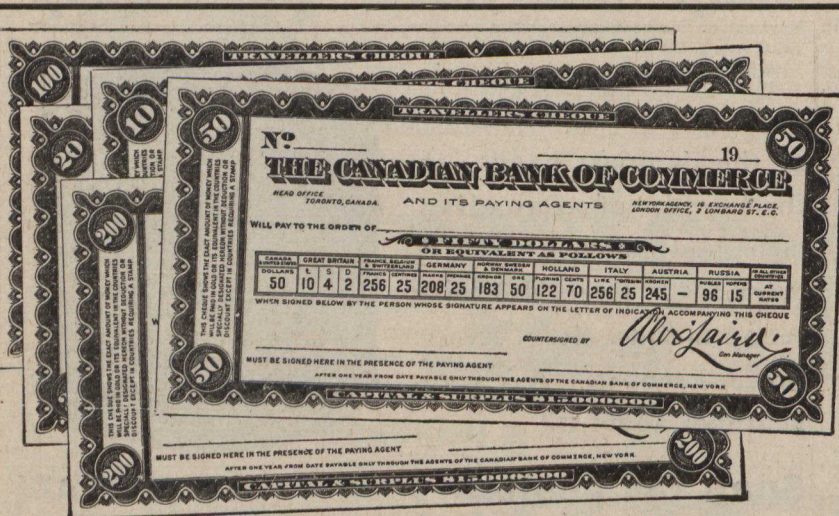
Consumption Book FREE



This valuable medical book tells in plain, simple language how Consumption can be cured in your own home. If you know of any one suffering from Consumption, Catarrh, Bronchitis, Asthma

or any throat or lung trouble, or are yourself afflicted, this book will help you to a cure. Even if you are in the advanced stage of the disease and feel there is no hope, this book will show you how others have cured themselves after all remedies they had tried failed, and they believed their case hopeless.

Write at once to the Yonkerman Consumption Remedy Co., 1575 Rose Street, Kalamazoo, Mich., and they will send you from their Canadian Depot the book and a generous supply of the New Treatment, absolutely free, for they want every sufferer to have this wonderful cure before it is too late. Don't wait—write today. It may mean the saving of your life.



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