


TALK No. 4

MAGIC BAKING POWDER

Does not contain Alum

YOU cannot bake pure food with an alum baking powder. Alum is a dangerous acid that causes certain injury to health. It causes indigestion and disorders of the heart; and wrecks the nervous system. Food scientists everywhere condemn alum as an unwholesome chemical, unfit for use in any food preparation. **MAGIC** makes pure, delicious, light bread, biscuits and pastry, insuring healthful home baked food. **MAGIC** is a medium priced baking powder and the only well-known one made in Canada that does NOT contain alum.



NO ALUM

Made in Canada

E. W. Gillett Co. Ltd. Toronto, Ont.

FREE COOK BOOK If you have not received a copy of Magic Cook Book, send name and address on postal card and this valuable little book will be mailed free of charge.

No. 368

British Soldiers and Sailors to Tour the Empire in Great Patriotic Spectacle.

London, October 31.—A patriotic scheme of a most ambitious character is on foot, and, indeed, nearing completion. It is nothing less than a tour of the British Empire with a Naval and Military Tournament, the object being to assist recruiting by depicting to the citizens of the Empire the life of the soldier, and, as far as possible, that of the sailor in the imperial services. The proposal originated with a few gentlemen who thought they saw a good commercial speculation in touring the Empire with troops and the whole equipment of a naval and military tournament.

MORE PINKHAM CURES

Added to the Long List due to This Famous Remedy.

Glanford Station, Ont.—"I have taken Lydia E. Pinkham's Vegetable Compound for years and never found any medicine to compare with it. I had dizziness and falling of the uterus, and doctors did me no good. I suffered dreadfully until I began taking your medicine. It has also helped other women to whom I have recommended it."—Mrs. HENRY CLARK, Glanford Station, Ontario.

Gardiner, Me.—"I was a great sufferer from a female disease. The doctor said I would have to go to the hospital for an operation, but Lydia E. Pinkham's Vegetable Compound completely cured me in three months."—Mrs. S. A. WILLIAMS, R. F. D. No. 14, Box 39, Gardiner, Maine.

Beats your case is a difficult one, doctors having done you no good, do not continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial. It surely has cured many cases of female ill, such as inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pain, backache, that bearing-down feeling, indigestion, dizziness, and nervous prostration. It costs but a trifle to try it, and the result is worth millions to many suffering women.

If you want special advice write for it to Mrs. Pinkham, Lynn, Mass. It is free and always helpful.

Army in obtaining recruits. They did not hesitate to change their plans, and have offered to finance the scheme, leaving the management and details in the hands of a number of officers who are interested in it. Already the plan is far advanced, and in the near future the work of selecting the men who are to take part in the tournament will begin.

The idea has appealed to the Government, and while no definite promises of financial assistance have been given, the War Office authorities have intimated their intention to help in the matter by lending guns, small arms, and transport wagons. It is also hoped that a transport vessel will be provided by the Government for conveying the new brigade to various parts of the Empire. No definite promise has been given to this effect as yet, but many of those at the head of the movement believe that the government will furnish assistance in this direction.

It is pointed out that the establishment of the Regular Army has been reduced since 1905 by no less than 24,421, and that in 1913 there will be a reduction in the Regular Reserves of 31,000 non-commissioned officers and men. The Special Reserve which replaced the Militia is less by 24,000 non-commissioned officers and men than when the Militia was disbanded. That is to say that the establishment of the Regular Army and Special Reserves will be less by upwards of 90,000 in 1913 than those forces and the Militia were in 1905. The contention is that this proposal to tour the British Empire with a Naval and Military Tournament will give a tremendous fillip to recruiting, and at no expense to the nation.

There is a further fact to be borne in mind. The promoters of the project, with whom are associated military and naval men of the highest rank, have decided that the proceeds of the tour after paying all expenses, will be handed over to the trustees of the Army and Navy charities, to be used at their discretion. Judging by the success and the popularity of the previous military tournaments, it is estimated that something like a net profit of \$1,000,000 will be made on a three years tour.

Recently the Advisory Board, which consists of a number of well-known officers, secured about eight acres of ground in the neighbourhood of Waterford, Florida, West of the city. Here, almost immediately, huts and buildings will be erected providing accommodation for nearly 1,000 officers and men. The men will receive careful training before they start on their tour, which commences with a round of the chief cities and towns in England, Scotland and Wales. Ireland

at present omitted, owing to the great expense of transport. The first performance will be given at Birmingham next Easter Monday, April 17, and in succession visits will be paid to the following towns in the order in which they appear below:

- Manchester, Liverpool, Dundee, Glasgow, Edinburgh, Aberdeen, Newcastle, York, Doncaster, Cambridge, Brighton, Portsmouth, Southampton, Winchester, Taunton, Salisbury, Exeter, Plymouth, Bristol, Cardiff.

As soon as this tour is completed the brigade will entrain for London, and on the following day set out on its journey round the British Empire. It is estimated that from four to six months will be paid to

- Canada, South Africa, Australia, New Zealand, and The Indian Empire.

It is proposed to time the arrival in all the great dominions, so as to be there during the summer months. With care this is easily possible. Thus those who are selected to take part in the tour will have nearly three years of summer.

Returning to England, a grand display will be given in London extending over several days, after which two more tours will be made in the provinces, visits being paid to the smaller towns. From start to finish the great and continuous parade will occupy about three years.

Feels Better than he has for Years.

DR. BOVEL'S HERB TABLETS AS A CURE FOR DYSPEPSIA.

A Toronto clergyman writes as follows: 4 Rose Av., Toronto.

Gentlemen:—Have been taking Dr. Bovel's Herb Tablets for about two months for dyspepsia, an oppressive feeling round the region of the heart, also dizzy spells which entirely disappeared. I now feel better than I have for years and can honestly recommend them to anyone needing a medicine to tone up the system and purify the blood. Wishing you every success, I remain, Yours truly,

REV. D. CONVERY.

The really serious cases of indigestion and dyspepsia almost always have their location in the bowels and can only be reached by marking the liver and kidneys active. No medicine regulates the liver, kidneys and bowels so nicely and so promptly as Dr. Bovel's Herb Tablets.

For sale by all Druggists or Dealers at 25c per box. If your Dealer cannot supply you send 25c (in stamps) to us direct. BOVEL MANFG. COY. St. John's, Nfld., or Montreal, Can.

out of work. Each man will enlist for three years, and their rate of pay will be \$10 a week with free kit, rations and sleeping accommodation. It is estimated that the total wages will amount to about \$12,500 a week. In addition to the officers and men who will represent the fighting force, there will be a mounted band, consisting of sixty men. Then there will also be a large force of civilians, cooks, camp attendants, &c., which will bring the total strength up to between 800 and 1,000. Where distances are not too great, the brigade will proceed from town to town by road. On these occasions they will present an imposing pageant, about a mile and a half in length, headed by their band. Amongst the "properties" of this Imperial Exhibition will be:—

- 600 horses.
- 12 field guns.
- 10 wagons.
- 2 motor panthecons.
- 2,000 rifles and carbines.
- 2,000 bayonets.
- 70 tents.
- 2 marquees.

Upwards of a mile of canvas "hoarding" will be used to enclose the arena where the performance will be given.

Recruiting Facilities.

As this attractive brigade will visit very town of any importance in the British Empire, the prospects of obtaining recruits are regarded as most favourable, and special endeavours are being made to obtain the services of recruiting sergeants, at any rate, for the tour through England, Scotland and Wales. Negotiations are now in progress with the War Office to borrow some of those well set-up recruiting officers, so familiar to every Londoner.

Colonel A. G. Burn, of the Indian Army, who is now engaged in working out the military details of the scheme, informed a press representative that the new brigade would consist of two field batteries and detachments of infantry, cavalry, Royal Engineers, Army Service Corps, Royal Artillery, and a naval display, similar to those of the very popular annual Naval and Military Tournament in London, would be given. "There will be a grand spectacle depicting the charge of the Light Brigade, in which at any rate, 400 officers and men will take part. "We shall also show," proceeded Colonel Burn, "the evolution of the dress of the soldier during the past

half-century, the uniforms, arms and accoutrements being exact reproductions of the various periods."

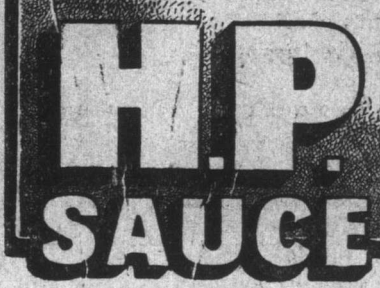
"The main idea of the whole scheme," he added, "is to popularise the Army. It is surprising though absolutely true, that at the present moment many parents, particularly the mothers, will not allow their sons to join the Boy Scouts because they think it will foster a military spirit, and they are afraid of them joining the Army. We want to show to the people of the British Empire what the life of the soldier really is, and to show them that the Army, instead of being a profession to be shunned, presents one of the finest openings in the world for strong, active young men. We shall endeavour to get the local Territorials and patrols of Boy Scouts to take part in all our performances at every town we visit. We hope that they will assist in a display which we shall call 'Modern Arms.'"

"Every effort is being made to provide absolutely up-to-date performances," continued Colonel Burn, "and we shall have an airship of some kind or other, arranging flights at each performance, when the weather permits, under service conditions."

It was stated that those who are undertaking the work of organisation have already \$100,000 in hand.

Simply say H.P. to your grocer, he will hand you a bottle of the most appetising sauce in the world.

Be sure you do say H.P. because you want



In 75 years England has spent \$3,000,000,000 on Poor Relief, but that amount, after all, is equal to only four years' drink bill. If he had not had the drink bill he doubted whether so large an expenditure would have been necessary.

So long as the drink evil was with us, so long should we have large rates and taxes. What they ought to do was to cure the evil of drink, and

John Burns' Message of Work and Hope.

Mr. John Burns, President of the Local Government Board in the British Cabinet, embraces every opportunity to sound an optimistic note regarding the poor, and the poor laws, of England. "One would almost think," he said the other day, when opening a nurses' home at Dowsbury, "to hear some Jeremiahs talk that pauperism was the sole product of the country, and that we had a monopoly of misery." He went on to show that, while there are 26 paupers in every 1,000 population, when Queen Victoria's reign began there were 60 to the 1,000. Only six per cent. of the paupers are men in health, and all are in these days treated with unexampled kindness, and enjoy a high degree of comfort.

Asaya-Neurall

THE NEW REMEDY FOR Nervous Exhaustion When convalescing from La Grippe, Pneumonia or Wasting Diseases, nothing hastens the return to health like a short period of treatment with "ASAYA-NEURALL." It feeds the nerves, induces restful sleep, quickens the appetite, aids digestion, and soon buoyancy of spirits and the sense of restored vitality are attained. A few doses convince. \$1.50 a bottle. Obtain from the local agent.

M. CONNORS.

this, would be for the benefit of the community. Britain, however, was getting more sober, whilst some commercial and industrial rivals were becoming more drunk. In the consumption of alcohol England was behind France, Italy, Belgium, Switzerland, Spain, Portugal, Germany and Denmark. It was absurd to say that

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M. CONNORS.

THE NEW FRENCH REMEDY THERAPION

It's successful and highly popular remedy, as applied in the Continental Hospitals by Ricord, Roux, Joubert, Volp, and others, cures all the diseases to be sought in a medicine of this kind and surpasses every other remedy.

THERAPION No. 1 is a well-known and well-verified preparation for the treatment of the diseases of the blood, such as scurvy, spots, blotches, pains and swelling of the joints, rheumatism, and all diseases for which it has been too much a fashion to employ mercury, sarapilla, etc., so the destruction of mercury teeth and vitality. This preparation purifies the whole system through the blood, and through the skin, and every poisonous matter from the body.

THERAPION No. 2 is a well-known and well-verified preparation for the treatment of the diseases of the blood, such as scurvy, spots, blotches, pains and swelling of the joints, rheumatism, and all diseases for which it has been too much a fashion to employ mercury, sarapilla, etc., so the destruction of mercury teeth and vitality. This preparation purifies the whole system through the blood, and through the skin, and every poisonous matter from the body.

THERAPION No. 3 is a well-known and well-verified preparation for the treatment of the diseases of the blood, such as scurvy, spots, blotches, pains and swelling of the joints, rheumatism, and all diseases for which it has been too much a fashion to employ mercury, sarapilla, etc., so the destruction of mercury teeth and vitality. This preparation purifies the whole system through the blood, and through the skin, and every poisonous matter from the body.

THERAPION is sold by all Chemists, and is the only preparation of its kind in the world. Price in England 2/6 & 4/6. In order to state which of the three numbers is required, and to obtain the Trade Mark, which is a fleur-de-lis, the word "THERAPION" is printed in white letters, on a red ground, above every package by one of the Agents, the Commissionaire, and where which it is a flower.

THERAPION may now also be obtained in Dragee (Tasteless) form.

we were the only people who had pauperism, misery and drink.

Worse Than English. In Düsseldorf pauperism was 36 per 1,000, and in Dewsbury, 15.5; in Berlin, 44, and in London, 26.32 per 1,000. Alluding to the unrest in the labor world, he said that education was at work. Indignation was rising against inequalities and privilege. It was not sufficient that the poor should be reminded of their failings; there were shirkers and defaulters at both ends of the social scale. Labor without leisure was drudgery to the man; leisure without labor was a crime against society. It was our business to see that the potential pauper should never become the actual pauper, and they could only do it by educating him to better things.

A woman who does machine sewing should see to it that the chair she uses is just the right height; too low a chair strains the muscles and soon tires the worker.

A reliable furniture polish is made from equal parts of olive oil, vinegar and alcohol. This should be rubbed in with one woolen cloth and polished with another.

When sand cannot be had, bath brick can be used to scrub wooden articles, tubs, etc.

Every Woman Knows

how necessary it is to use good flour in order to obtain the best results in baking. It is no more costly to use the best flour than it is to use one of inferior grade—and the results are not to be compared. Flours are usually milled for bread making or pastry making, not for both, and that is where the housewife is put to unnecessary inconvenience and expense.

"BEAVER" FLOUR

is not only the best bread flour, but is the best pastry flour. It is a careful, scientific blend of the rich, nutritious Manitoba Spring wheat and the wheat from which the best pastry flour in the world is made—Ontario Fall wheat.

BEAVER FLOUR contains the gluten of the Manitoba wheat that gives nourishment to the system and the properties of the Ontario wheat that make the lightest and whitest rolls and the most delicate pastry.

Baking is a pleasure with BEAVER FLOUR, for the results are unvaryingly good, and you have only one sack of flour to buy, to make the best looking, best tasting and most nutritious bread and the lightest cakes and pastry.

It makes more loaves to the barrel than any other flour, and relieves you of all anxiety as to how the bread or pastry will turn out. Get it from your grocer, and convince yourself.

DEALERS—Write for prices on Feed, Coarse Grains and Cereals. 97

THE T. H. TAYLOR CO., LIMITED, CHATHAM, Ont. R. GASH & CO., St. John's, Sole Agents in Nfld., will be pleased to quote prices.

