

MAKES THE WHITEST, LIGHTEST



**MAGIC BAKING POWDER**

CONTAINS NO ALUM

TO GUARD AGAINST ALUM IN BAKING POWDER SEE THAT ALL INGREDIENTS ARE PLAINLY PRINTED ON THE LABEL, AND THAT ALUM OR SULPHATE OF ALUMINA OR SODIC ALUMINIC SULPHATE IS NOT ONE OF THEM. THE WORDS "NO ALUM" WITHOUT THE INGREDIENTS IS NOT SUFFICIENT. MAGIC BAKING POWDER COSTS NO MORE THAN THE ORDINARY KINDS. FOR ECONOMY, BUY THE ONE POUND TINS.

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**DIRECTIONS**

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MANUFACTURED BY  
E. W. GILLETT COMPANY LIMITED  
TORONTO, ONT.

CONTAINS NO ALUM

**E. W. GILLETT COMPANY LIMITED**  
WINNIPEG      TORONTO, ONT.      MONTREAL

out to India shortly to found a Society of Deaconesses in his diocese. Deaconess Creighton has for some time past been working in the parish of Portsmouth, where her departure is keenly regretted. Prior to her departure for India, a meeting was held at London House, under the presidency of the Bishop of London, to bid her farewell and to wish her god-speed in her going forth to her new sphere of work.

An appeal is being made by the Dean and Chapter of Chester Cathedral for funds to enable them to undertake the restoration of the ancient refectory. It is of great size and this alone makes it remarkable among buildings of its class, and though vandalism and decay have combined to rob it of much of its former beauty, enough remains to show that

it was, and indeed could again be made, one of the finest, if not the finest, of monastic refectories in the country. The scheme of restoration will probably cost about £11,000. The Dean and Chapter, in their appeal, state that "Chester might have as noble a room as could be found in all England if the refectory were restored to its former proportions. Every one who sees it in its present state, and can realize what it might be, must be impressed with the desire that its ancient glory should be recovered."

Liverpool Cathedral.—The progress made during the summer months with the Cathedral building (says the Liverpool Diocesan Gazette) is very marked, and the outline and tracery of the great East window, viewed from St. James's Road, is now a pro-

minent object of interest. The sill of the window is 40 feet from floor level, and the window itself is 76 feet high by 30 feet wide with four lights; the large central dividing pier being intended to bear carved figures with canopies. The subjects for the stained glass in this magnificent window have been for some time under consideration, and a very beautiful and impressive design will without doubt be the result. The square towers on either side of the East end are being finished with dwarf stone spires, and the tops of these will be 150 feet from the ground. Each tower will be approached by a long spiral stairway in the main buttress beneath, and the two are connected by an external walking-way immediately above the East window. The completion of the choir roof is being proceeded with, the vaulting having been quite finished and filled in. The roof is carried on walls built on the back of the four large transverse arches, and is to be of reinforced concrete covered with copper.



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After spending over two years in making an official investigation of treatments for drink and drug habits in Europe, Great Britain and the United States, the Government of South Australia adopted and commenced using the Neal 3-day treatment in October, 1910. Any one interested is referred to the Hon. F. H. Wallis, Chief Secretary, Adelaide, South Australia. However, the most convincing proof to any man who is drinking to excess should be that the treatment is absolutely free unless the patient is entirely satisfied at the end of treatment. Call, write or phone for full particulars to

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### Boys and Girls

#### THE COMMANDMENTS.

(Our readers are invited to learn these lines by heart.)

##### Duties Toward God.

- I. Thou shalt have no other gods but Me.
- II. Before no idol bow the knee.
- III. Take not the Name of God in vain.
- IV. Nor dare the Sabbath to profane.

##### Duties Toward Men.

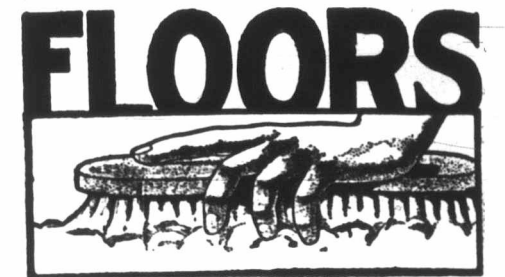
- V. Give to thy parents honour due.
- VI. Take heed that thou no murder do.
- VII. Abstain from words and deeds unclean.
- VIII. Steal not, nor do an action mean.
- IX. Tell not a lie; seek truth, and love it.
- X. Nor e'er, what is thy neighbour's covet.



#### ONCE BITTEN, TWICE SHY!

An amusing story is told by the Rev. Dr. Macgowan, the popular rector of St. Anne's, Soho. The incident occurred when he was travelling from Brighton to Worthing recently:—

"I was seated comfortably in my compartment at the former station," he says, "when there entered also a young married woman, accompanied by a beautiful little girl of close on three years of age. I helped the pretty baby in, and placed her beside me, hoping to draw her out and enliven the monotony of a ten miles' ride in a slow train. I began by asking her her name. Without looking at me she whispered 'Bessie.' I then suggested that she should sit on my knee and tell me what she had been doing, etc. She then turned round, and looked me up and down, after which, with a frightened squeal, she turned away and clasped both arms over her



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National Sanitarium Association, 347 King Street, West, Toronto.

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