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exclusively because I have found that no other flour gives such invariably satisfactory results. With Regal I know I can make bread and pastry that will always excel. There isn't a doubt in a barrel of *Regal*. It's all good and always good. That's why I always use *Regal* and recommend it to other housewives. They take no risk in trying it for they can buy a barrel subject to the condition that if not satisfactory they can get their money back."

The St. Lawrence Flour Mills Co., Ltd.
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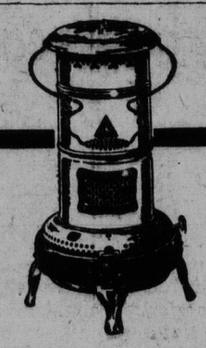

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New flat font with patent-locking flame-spreader insures clear, odorless heat all the time. Wick and carrier in one—makes rewicking easy and clean. Finished with blue enamel or plain steel drums. Stock at all chief points.

For best results use Royalite Oil

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Please send without cost or obligation to me your Free Proof Treatment.

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Billie Burke

THE FIRST WORD—You can have anything that you want in this world if you want it bad enough.

My mail is full of letters from girls who want to be changed in the twinkling of an eye. Girls bewail the fact that they are fat, or they are lean, that they are tall or short, that they have bad complexions, ugly feets, scanty hair, and other imperfections, and they want these blemishes made beauties right away.

The girl who is too fat has probably put on only ten pounds a year for the last three or four years, yet if one should tell her something that would only take off ten pounds within a year, do you suppose that she would practice the self-denial for that length of time but be sure the not too rapid melting of her flesh? When people tell me that they do not eat anything and still remain fat, I know that they are not only deceiving me but themselves.

They may not be eating such great quantities of food, but they are eating flesh-making foods—starches and sweets and fats.

If one who wishes to grow thin will walk five miles a day and eat no potatoes, white bread, pastries nor sweets, no rich gravies, and live mostly upon lean meats, fruits, and salads, cutting down one's meals to two a day, one can reduce one's flesh but it is a long and laborious process and few women have the strength of mind to do it.

Actresses must practice this self-denial, as there is nothing to success destroying to the actress as fat.

Then there is the girl who has pimples on her face. She probably has had them for months and even years, but she will return you a letter saying that your remedies are of no use if within four weeks her face is not cleared up and her complexion perfect.

The girl who has acne or eczema, must be very careful of her diet, omitting all fats, made dishes, pastries, and foods that are highly seasoned. She must be scrupulously careful to bathe her entire body daily, using a brush and coarse towel to remove the impurities thrown off by the skin and keep all the pores open. Then, if she uses a healing ointment and antiseptic she will find in time that her face will become smooth, although she may never have the fine skin of the girl who has not allowed her face to become pimpled through neglect.

There is, however, another cause for pimpled face, and that is nervousness, and the girl who feels that her nerves are frazzled should take long walks in the open air, practice and southern models is the applied hours a day.

JUST ONE LAST WORD—Don't get impatient. It takes as long to remedy beauty ills as it does to develop them.

Na-Dru-Co Headache Wafers certainly do make short work of headaches. 25¢ per box.

Five Roses Flour

Not Bleached Not Blended

PIPING HOT. SUCH FAT ROUNDED SUBSTANTIAL LOAVES RICH WITH CREAMY NUTRIMENT.

The Magnetic Girl

How She Compels Others to Obey Her Will

100,000 Copies of Remarkable Book, describing peculiar Psychic Powers to be distributed Post Free to readers of "The St. John Standard."

"The wonderful power of Personal Influence, Magnetism, Fascination, Mind Control, call it what you will, can surely be acquired by everyone no matter how unattractive or unsuccessful," says Mr. Elmer Ellsworth Knowles, author of the new book entitled : "The Key to the Development of the Inner Forces." The book lays bare many astounding facts concerning the practices of the Eastern Yogis and describes a simple though effective system of controlling the thoughts and acts of others; how one may gain the love and might other-those who friendship of wise remain indifferent; how to quickly and accurately judge the character and disposition of an indivual; how to cure the most obstinate diseases and habits without drugs or medicines; even the complex subject of projecting thoughts (telepathy) is explained. Miss Josephine Davis, the popular stage favorite, whose portrait appears herewith declares that Prof. Knowles' book opens the door to success, health and happiness to every mortal, no matter what his or her position in life. She believes that Prof. Knowles has discovered principles which, if universally adopted, will revolutionise the mental status of the human race.

The book, which is being distrubted broadcast free of charge, is full of photographic reproductions showing how these unseen forces are being used all over the world, and how thousands upon thousands have developed powers which they little though they possessed. The free distribution of the 100,000 copies is being conducted by a large London institution, and a copy will be sent post free to anyone interested. No money need be sent, but those who wish to do so may enclose 5 cents (stamps of your own country) to cover postage, etc. All requests for the free book should be addressed to: National Institute of Sciences, Free Distribution Dept 1506, P. No. 528, Westminster Bridge Road, London, S.E., England. Simply say you would like a copy of "The Key to the Development of the Inner Forces," and mention The St. John Standard.

MOTHER SO POORLY

Could Hardly Care for Children — Finds Health in Lydia E. Pinkham's Vegetable Compound.

Bovina Center, N.Y.—"For six years I have not had as good health as I have now. I was very young when my first baby was born and my health was very bad after that. I was not regular and I had pains in my back and was so poorly that I could hardly take care of my two children. I doctored with several doctors but got no better. They told me there was no help without an operation. I have used Lydia E. Pinkham's Vegetable Compound and it has helped me wonderfully. I do most of my own work now and take care of my children. I recommend your remedies to all suffering women."—Mrs. WILLARD A. GRAHAM, Care of ELSWORTH TUTTLE, Bovina Center, N.Y.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotics or harmful drugs, and today holds the record of being the most successful remedy we know for woman's ills. If you need such a medicine why don't you try it?

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

Helpful Hints

A Sugar Paste

IN order to prevent the gum from cracking, to 10 parts by weight of gum arabic and 3 parts of sugar, add water until the desired consistency is obtained. If a very strong paste is required, add a quantity of flour equal in weight to the gum, without boiling the mixture. The paste improves in strength when it begins to ferment.

Tin Box Cement.

To fix labels to tin boxes either of the following will answer: 1. Soften good glue in water, then boil it in strong vinegar, and thicken the liquid while boiling with fine wheat flour, so that a paste results. 2. Starch paste, with which a little Venice turpentine has been incorporated while warm.

Paper and Leather Paste.

Cover 4 parts, by weight, of glue, with 15 parts of cold water, and allow it to soak for several hours, then warm moderately till the solution is perfectly clear, and dilute with 60 parts of boiling water, intimately stirred in. Next prepare a solution of 30 parts of starch in 200 parts of cold water, so as to form a thin homogeneous liquid, free from lumps, and pour the boiling glue solution into it with thorough stirring, and at the same time keep the mass boiling.

Commercial Mucilage.

The best quality of mucilage in the market is made by dissolving clear glue in equal volumes of water and strong venegar, and adding one-fourth of an equal volume of alcohol and a small quantity of a solution of alum in water. Some of the cheaper preparations offered for sale are merely boiled starch or flour, mixed with nitric acid to prevent their gelatinizing.

Acid-Proof Paste.

A paste formed by mixing powdered glass with a concentrated solution of silicate of soda makes an excellent acid-proof cement.

Paste to Fasten Cloth to Wood.

Take a plump pound of wheat flour, one tablespoonful of powdered rasin, one tablespoonful of finely powdered alum, and rub the mixture in a suitable vessel, with water, to a uniform, smooth paste; transfer this to a small kettle over a fire, and stir until the paste is perfectly homogeneous without lumps. As soon as the mass becomes so stiff that the stirrer remains upright in it, transfer it to another vessel and cover it up so that no skin may form on its surface.

This paste is applied in a very thin layer to the surface of the table; the cloth, or leather, is then laid and pressed upon it, and smoothed with a roller. The ends are cut off after drying. If leather is to be fastened on, this must first be moistened with water. The paste is then applied, and the leather rubbed smooth with a cloth.

Paste for Printing Office.

Take 2 gallons of cold water and 1 quart of wheat flour, rub out all the lumps, then add one-fourth pound of finely pulverized alum and boil the mixture for 10 minutes, or until a thick consistency is reached. (Now add 1 quart of hot water and boil again until the paste becomes a pale brown color, and thick. The paste should be well stirred during both processes of cooking. Paste thus made will keep sweet for two weeks and prove very adhesive.

To Take Smoke Stains From Walls.

An easy and sure way to remove smoke stains from common plain ceilings is to mix wood ashes with the whitewash just before applying. A pint of ashes to a small pail of whitewash is sufficient, but a little more or less will do no harm.

To Remove Stains From Broadcloth.

Take an ounce of pipe-clay, which has been ground fine, mix it with twelve drops of alcohol and the same quantity of spirits of turpentine. Whenever you wish to remove any stains from cloth, moisten a litle of this mixture with alcohol and rub it on the spots. Let it remain til dry, then rub it off with a woolen cloth, and the spots will disappear.

To Remove Red Stains of Fruit From Linen.

Moisten the cloth and hold it over a piece of sulphur, then wash thoroughly, or else the spots may reappear.

To Remove Oil Stains

Take 3 ounces of spirits of turpentine, and 1 ounce of essence of lemon, mix well, and apply it as you would any other scouring drops. It will take out all the grease.

Iron Stains May Be Removed by the Salt of Lemons.

Many stains may be removed by dipping the linen in sour buttermilk, and then drying it in a hot sun; wash it in cold water, repeat this three or four times.

To Remove Oil Stains From Wood.

Mix together fuller's earth and soap lees, and rub it into the boards. Let it dry and then scour it off with some strong soft soap and sand, or use lees to scour it with. It should be put on hot, which may easily be done by heating the lees.

To Remove Tea Stains.

Mix thoroughly soft soap and salt—say a tablespoonful of salt to a teacupful of soap, rub on the spots and spread the cloth on the grass where sun will shine on it. Let it lie two or three days, then wash. If the spots are wet occasionally while lying on the grass, it will hasten the bleaching.

To Remove Stains From Muslin.

If you have stained your muslin or gingham dress, or your white pants with berries, before wetting with any the stains and they will disappear. Before fruit juice dries it can often be removed by cold water, using a sponge and towel if necessary.

To Remove Acid Stains.

Stains caused by acids may be removed by tying some pearlash up in the stained part; scrape some soap in cold, soft water, and boil the lenen until the stain is gone.

To Disinfect Sinks and Drains.

Copperas disolved in water, one-fourth of a pound to a gallon, and poured into a sink and water drain occasionally, will keep such places sweet and wholesome. A little chloride of lime, say half a pound to a gallon of water, will have the same effect, and either of these costs but a trifle.

A preparation may be made at home which will answer about as well as the chloride of lime. Dissolve a bushel of salt in a barrel of water, and with the salt water slack a barrel of lime, which should be made wet enough to form a thin paste or wash.

To Disinfect a Cellar.

A damp, musty cellar may be sweetened by sprinkling upon the floor pulverized copperas, chloride of lime, or even common lime. The most effective means we have ever used to disinfect decaying vegetable matter is chloride of lime in solution. One pound may be dissolved in two gallons of water. Plaster of Paris has also been found an excellent absorbent of noxious odors. If used one part with thre parts of charcoal, it will be found still better.

How to Thaw Out Water Pipe.

Water pipes usually freeze up when exposed, for inside the walls, where they cannot be reached, they are or should be packed to prevent from freezing. To thaw out a frozen pipe bundle a newspaper into a torch, light it, and pass it along the pipe slowly. The ice will yield to this much quicker than to hot water or wrappings of hot cloths, as is the common practice.

Glimpses Of Spring Styles

NEW suits for spring are of ratine, linen and cotton duvetyn weave. Colors are to be found as easily as white in the suit models. The new loose sleeve, so large that the lower edge begins at the waist tapers down to a narrow cuff about the wrist. This baggy sleeve that makes sleeve and body of the coat seem one is one of the newest features of tailored suits says the New York Herald. Another detail that will mark the early spring and southern models is the aplied band on the skirt, stitched to it on the upper edges only, and often having the same ripple along the lower edge that one sees in all the new coat suits; while these encircle the skirt horizontally they also often take the same line as the lower edge of the coat, generally one of the cutaway coat curves.

The skirt itself remains simple, though some of the newest models have the lower part from under the flounce down to the hem laid in flat, mechanically laid plaits. These preserve the narrow look about the feet even when walking, ast hey do not fly out in the same fashion as the narrower accordion or machine laid plaitings.

Dancing dresses of flimy materials are often a cloud of fluffy ruffles. The skirt on which they are sewn, however, is cut so that the silhouette remains up to date—that is to say, wide at the top and narrow at the hem, the reverse of the old crinoline. These look very effective in the ballroom on young or slender figures.

Little summerlike morning dresses of two different cotton weaves have adorable details. One that is cleverly cut to preserve the modish contour, in spite of its simplicity, is of its simplicity, is of a striped ejonge and a plain linen, both white. A very attractive manner of buttoning is introduced. Cherry red and shaped buttons dangle from red cords from a double row of buttonholes. The frock, of course, fastens underneath invisibly. There is a touch of red on the collar.

It does not take Paris fashions long to transfer themselves from the French ateliers to New York workrooms. The new coats of conical shape are already to be found here, and an occasional glimpse of them may be caught on the avenue in the promenade. Whether falling in godets all about, or simply gathered into a belt placed at an odd distance below the waist line, they have all the effectiveness of the last word from Paris.

—Christian Science Monitor.

Recipes

Nut Patties.

WASH one pound of butter, and stir it to a cream; add gradually half a pound of sugar, two eggs, and one and a half pounds of flour. Roll out thin, and cut into small round cakes. Brush with the yolk of an egg beaten with a tablespoonful of sugar, and strew thickly with chopped blanched almonds or pecan meats. Bake to a very delicate brown in a moderate oven.

Walnut Cookies.

Half a cupful of butter, one cupful of sugar, two eggs, one cupful of walnuts, two cupfuls of flour, two level teaspoonfuls of baking-powder, one cupful of milk. Mix as for cake, drop on a buttered pan, and bake

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I WANT to prove it to your satisfaction. If you have Rheumatism, acute or chronic—no matter what your condition—write today for my FREE BOOK on "RHEUMATISM—Its Cause and Cure." Thousands call it "The most wonderful book ever written.' 'Don't send a stamp—it's ABSOLUTELY FREE.

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—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 cleansing action and antiseptic properties—which mean so much to the welfare of the teeth.

YOUR DRUGGIST SELLS IT.

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for the relief of aches, pains, swellings, burns, cuts, rheumatism, bowel troubles. For internal and external use.

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Parsons' Pills give quick relief without distressing