We unhesitatingly recommend Magic Baking

Powder as being the best, purest and most healthful baking pow-

der that it is possible to produce,

CONTAINS NO ALUM

All ingredients are plainly printed on the label.

MAGIC BAKING POWDER

CHATS WITH YOUNG MEN

THE DISSATISFIED MAN

You are not altogether satisfied th yourself, with others, with your vironments, with conditions. No-dy is satisfied. Neither you nor ybody else will ever be completely tisfied. Full satisfaction leads to atisfied. Full satisfied man is a begnation. The satisfied man is a col, intoxicated with his own satis-action, never sober enough to do here than stagger along the road of

The complete optimist is no better than the contented pig in the well-

kept sty. Regulated dissatisfaction, dissatis-faction based upon fact, is a forerunn based upon fact, is a forerun-

There is, however, a wide gulf between legitimate dissatisfaction and that which consumes the chronic complainer, the disreputable knock-er, and the everlasting kicker. Life is made up of affirmatives and

negatives. One without the other is incomplete. The two properly blended are part of the composition

The habitual complainer is an enemy to himself, and he is despised by all with whom he comes in contact. He is a failure at the start, and will be a failure as long as he indulges in chronic disastisfaction.

Conversely, the complete optimist is dangerous to himself and a men-

ace to society, because he does not know enough to get out of the ruts or to keep from stumbling into

Dissatisfaction has a value only when it spurs one on to better effort. When it deadens one's faculties, as does, and takes the gimp out of him, so to speak, it is an evil of the most virulent form. Nobody likes the constant com-

He has no friends. He does not occupy any position of re-sponsibility, and he never will. He cannot manage himself or command others. He has no respect for him. others. He has no respect sor than self and nobody respects him. He is no better than a dead log floating on the stream, accomplishing nothing and serving only as a menace to nav-

Everybody has troubles, and while decent man is willing to help others, he cannot afford to give more than a part of his time to listening to complaints, and he should not give my of his time to those which are no legitimate ones and which he cannot

Keep your troubles to yourself or confine them to your immediate friends. Ninety per cent. of trouble doesn't appear. It exists wholly in

Don't make a specialty of worrying. There is real trouble to worry about, and enough to keep you busy.

Kick when there is something real
to kick at. You will strain yourself
and sprain your leg if you kick at
nothing.—Catholic Columbian.

THE INFLUENCE OF THE CROWD

Many a lad excuses his shorte ings and failings by saying "the crowd is doing it." Questioned as to his disrespect to parents and vulgar ity of tongue the same response is given. Questioned as to his laxity n religious duties and contempt o morality again comes the invariable answer with the same self-satisfied smile," the crowd is doing it."

Whatever goes wrong in his ystem, according to him, must be stributed to the crowd. What he system, according to him, must be attributed to the crowd. What he says to a great extent is true but however not wholly so, for he can be independent of that crowd if he only has the desire, if he has a back bone of smillern strength.

BAKI

TORONTO . ONT. WINNIPEG - MONTREAL

measure upon the use we are making

A condemned man was lead to exe-cution for having taken human life

it did not come; but the sheriff felt

confident that it would arrive in due

without the appearance of the mes-

oner took his place on the drop, the

cap was pulled over his eyes, the bolt

was then drawn and then—a lifeless body swayed in the wind.

Just at this moment a horsema

was seen galloping down the hill, his

rider with a reprieve—but he came

There are men who fail in all they

undertake; "behind time" being the reason of their failures; there are

others who defer reformation year by year till death seizes them and they

die unrepentant because they too were "behind time" in balancing

Five short minutes in a crisis are

worth years and although it be but a

short period yet many a people and fortune have been redeemed in that

biny interval.

Boys, when tempted to idleness re

call to mind the saying of Poor Richard, "Never put off till to morrow what you can do to day."—True Voice.

A WISE SAYING

neighboring farm-house, bought a bottle of milk for himself, sat down

on the grass under a shady tree, broke his bread into the milk, and made a

It occurred, too, to the rich Henry,

them and so it a large piece of bread.
He then kindly called poor Charley
to him; broke the bread into the basin
for him with his own hands and
cordially wished him a good appetite.
"The saying." observed Henry,
which is in this bottle, ought to be
treacted in all the vessels of the

inscribed in all the vessels of the

The saying read thus: "He who is

deaf to other's wos, deserves not

TWELVE THINGS

Twelve things to remember: One,

Twelve things to remember: One, the value of time; two, the success of perseverance; three, the pleasure of working; four, the dignity of simplicity; five, the worth of character; six, the power of kindness; seven, the influence of example; eight, the

obligation of duty; nine, the wisdom of economy; ten, the virtue of patience; eleven, the improvement of talent; twelve, the joy of originating.

—Marshall Field, Catholic Colum-

It is man's chief blessedness that

No musician can shape a melody as joyous as the laughter of a child happy in the morning sunlight.— Thomas a Kampia

there lie in his nature, infinite pos-sibilities of growth.—Bishop Spald-

happiness to know."

most hearty meal.

behind time."

arrive "

of sufficient strength.

It is the nature of the boy to love companionship, to have not one but many friends. For a good game of ball, for a lively snow fight a number is required and so the boy must seek for chums if he wishes to epjoy the first and harpiest period of his the finest and happiest period of his

Now in his neighborhood he will meet with boys of many varieties.
He will meet the lad whose parents
allow him to do pretty much as he
pleases. He will meet the lad who
prides himself on his ability to lie
and who is not afraid to emphasize
his servers with an oath and who his remarks with an oath and who his remarks with an oath and who dosen'thesitate to repeat fifthy stories. He will meet the lad who frankly speaks disrespectfully of father and mother and who delights to act older than he really is; and finally he will meet the lad who bears all the earmarks of a really good boy, namely, generosity, squareness, piety and a love of sports.

Let him join company with the first few mentioned lads and it will not be long before his own character will be formed in the same fashion. He may remain pure and good but the nature of a boy is very plastic and frequent association with bad company will work have with his soul and character. But let him seek the company of generous, square and good chums and he will unconsciously imbibe their good qualities and experience that supreme happiness which is the blessing of only the good boy.

It is sad to see a splendid chap delight in the company of those whose

It is sad to see a splendid chap de-light in the company of those whose morals are loose, whose conduct is not above reproach for it will not be long before he'll be saying when called to task by father or mother, "the crowd is doing it." Scolded for being a slave to such a set he will perhaps rejoin "it is too late to pull out, so I've got to stick." A little reflection on hispart would show him it is not too late. A little good will on his part and a rejuvenation of his dormant moral courage would his dormant moral courage would soon set him on his feet again and make him bid a final adieu to the crowd."

A crowd has a strong influence but it can never force one to lose his own self respect, his own purity, his own integrity unless that one obeys its dictates and allows himself to be enslaved by it.—Sacred Heart

OUR BOYS AND GIRLS

Waste not moments, no, nor hours, For they are as the op'ning buds of

How regardless of the value of each golden moment are some of we poor

are daily lost, never to be restored to the loser, no matter how great a re-ward he offers. Alas! that so many idle away their time, never dreaming of the consequences which they have to suffer for having abused one of

the greatest gifts which our bounti-ful Creator has bestowed upon us. God has given us "time" in which to prepare ourselves for the future—

BELGIAN REFUGEES and our future depends in a grea

RESPONSIBLE FOR MANY OF THE GREAT INDUSTRIES OF ENGLAND Lloyd's Weekly

of the present—whereby to prepare ourselves for the battle of life and a blissful eternity if that life be spent in the performance of noble deeds and the observance of God's mandates.

The "abuse of time" is generally of many chil-(The problem of the Belgian re fugees is very much to the front just now. The following article tells how the predominate fault of many chil-dren who, fond of play, are not dis-posed to exercise their mental faculin days gone by, similar influxes of more or less destitute aliens have been fraught with the best possible consequences for British workpeople, ies and if allowed to grow into man hood without correction, will become good for nothing individuals instead of loyal American citizens. Again many are sometimes "behind time" consequences for British workpeo instead of being embarrassing might perhaps have been not un-reasonably expected.) in the performance of duty—this re-calls an aneodote once narrated by one of my dear old teachers.

One summer eve, as the sun wa setting, there anchored on Sandwich a battered-looking craft, queer shaped with bulging bows, a high, ungainly poop, and brown patched sails.

The townsfolk gathered on the setting, there anchored off Sandwich for some reason or other, public sympathy was great in his behalf.

Thousands had signed petitions for a reprieve, and a favorable answer was expected the night before, though it did not cover that the should fall

front and eyed her curiously, wo ing whence she came, and what kind of cargo she had thought it worth her while to bring to their—at the time—decayed and poverty-stricken season — thus the morning passed

Their curiosity was quickly gratifled. "Live stock, egad!" cried one of the burghers, pointing to a boat And live stock it was. Huma

live stock! Men, women and chil-dren, huddled together, ragged and dren, nuddled together, ragged and hungry, wan, terror stricken, and tear-stained. They were, they ex-plained, fugitives from the Low Countries—Walloons and Flemings steed covered with foam. He carried a packet in his hand which he waved to the crowd, for he was the express driven from their homes by the terror of invasion.

In other words they were Belgian "too late" and a comparatively inno-cent man thus died an ignominous death because a watch had been five efugees, for the Walloons and Flem ings were dwellers in the country we now call Belgium; and though minutes too slow, making its bearer the scene set forth above was enac more than three hundred and fifty years ago, its counterpart has been It is continually so in life. The best laid plans, the most important affairs, the fortunes of individuals, happiness and even life itself are daily sacrificed because somebody is "behind time."

GAVE THEM SHELTER Then, too, as now, our people took pity on these poor stricken folk, giv-ing them shelter and food, and such old them shelter and tood, and such clothing as they could spare. And their stranger guests made good return, for amongst them were many clever and cunning artificers. These taught the townfolk the right methods of exercising all sorts of trades and handicrafts that hitherto they had known little or nothing of. Looms were set up, and broadcloth woven thereon of a texture and fineness such as never before had been seen in England. Potters from Delft started a pottery. Some others among them were millers; and they started a pottery. built the first windmill near the Henry, a rich boy from the town, town. There were also lacemakers town. There were also lacemakers from Mechlin — whose modern name is Malines-and these taught their hatines—and these taught their hosts how to make the beautiful lace, light as goesamer and silky and airy as a spider's web, for which their own town had long been famous. Others made "beaver" hats—such has then were worn by all nearest and their particular their control of the second of the sec most hearty meal.

Charley, a poor boy from the next village, who looked very thin and pale from sheer want and misery, was standing not far off, looking sadly on; he would gladly have had a share of it, but he was too modest to ask for It occurred, too, to the rich Henry, that he ought to leave a little for the poor boy; but he turned a deaf ear to the good suggestion of his heart, and greedily ate on. When he had swallowed the whole of the milk, he observed a rhyme at the bottom of the bottle. He blushed as he read it, got the bottle filled again, and made them add to it a large piece of bread. He then kindly called poor Charley

Meanwhile Europe continued in a welter of war. Peaceful craftsmen were not wanted there. There was were not wanted there. There was no room for any save the wielders of the sword and spear, the wearers of helmet and hauberk. Consequently all those who could not be got to see that perpetual fighting was a great and glorious thing fied to our shores, where they were received with open arms, and made welcome. For soon other towns, realizing all that their presence in Sandwich had meant to the people there, vied with each other in coaxing the immigrants to settle amongst them, offering them

Other refugees, ironworkers from Rye in Sussex, and along the Bas Anglian coast, at Yarmouth and Lowestoft, at Aldeburgh and Cromer at Walton, Sheringham, and Hun-stanton, they landed by scores and by hundreds from crazy caravels, leaky luggers, and ancient bluff-bowed craft of every kind. And wherever and whenever they landed land and houses, and other privileges; on condition that they should take their first act was to fall down upon their knees on the sand or shingle, and give thanks to Almighty God; their second was to set to work at their trades.

This continued, at intervals, for the their sons as apprentices and in-struct them. This they willingly did, and from these humble beginnings sprang the vast iron and steel industries of the northern shires. At Newcastle, too, yet another Flem space of, perhaps, a century and a half, until the Revocation of the ish family set up a glassworks, and half, until the Revocation of the Edict of Nantes, and for some forty years afterwards. In all probably between four and five hundred thousand refugees found permanent asylum in England, and by degrees penetrated to the remotest confines soon even comparatively humble

householders were able to have glazed windows for their houses. What this meant can be gauged from the fact that, prior to their advent, glass was so rare that people used to come from all parts to gaze in curious amazement at the precious Their influence on working class England was profound. Indeed, it is scarcely an exaggeration to say that the foundations of our modern industrial supremacy were laid by these poor, despised folk. It was they who introduced into Canterbury and Normich the manufacture of all the glazed windows in Alnwick Castle, the residence of the Duke of Northumberland. They had to come when His Grace was in residence, however, under strict orders to remove the wich the manufacture of silk, con-tinued afterwards for many years at windows from their frames and stow them carefully away until his return. Spitalfields, in London, where some of their old, sky lighted houses remain

YARMOUTH BLOATERS

The association of Yarmouth with standing to this day. Others taught us the arts of cutlery, forging and grinding, the making of watches, the bloaters is due to the advent there of a party of Flemish fishermen refualong the east coast caught herrings to cure them, this being a monopoly of the Dutch, who used to take the fish to Holland, salt and smoke them, the manufacture of arras, and at Ful-ham of tapestry. At Clerkenwell one, Fromantel, started to make pendulum and then bring them back again for sale in the English market. But the East Anglians proved apt pupils under the tutelage of their new-found or, as they were called then and up North Sea, properly cured, salted, and dried, was being exported from Engsprang up so great a demand that about twelve hundred persons, more land to the Continent, instead of vice than half of whom were Englishmen,

Nor was this the only benefit the refugees conferred upon the East Anglian natives. Fresh from their

Other refugees, ironworkers from Liege, went north, and established themselves at Shotley Bridge, near Newcastle on-Tyne where they started to make fine cutlery and edgetools of all kinds. Their skill attracted the attention of the people of Sheffield who offered some of them an asylum, land and houses, and other privileges; own low-lying country, they knew— none better—the value of dykes, and sands of acres of watery waste trans-formed into fine ground, fit for per manent occupation, and for the grow-ing of crops and the raising of kine and sheep.

Similar instances to the above might be cited almost indefinitely, for it is, indeed, difficult to put one's finger on any ancient craft or art now practiced in the United Kingdom that did not owe something to refugee strangers seeking sanctuary amongst us. They even crossed to Ireland, where they founded the linen in-dustry with flax seed brought from Flanders, and established the famous factories that made the name Irish At Lisburn, too, they set up looms for the weaving of silk and cambric, and they introduced the manufacture of broadcloth into Bandon, Cork, and other towns.

In short, the settlers proved them-selves industrial missionaries to the people amongst whom they settled. And as it was then, so is it now.

It is not a temple which virtue needs; she desires the heart for a sanctuary.—Lactantius, after Cicero.

It is our daily duty to consider that in all circumstances of life, pleasurable, painful, or otherwise, the conduct of every human being affects, more or less, the happiness of others, especially of those in the same house, and that as life is made up, for the most part, not of great occasions, but of small, everyday, moments, it is the giving of those mements their greatest amount of peace, pleasantness and security that contributes most of the sum of human good.—Leigh Hunt.

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RISC

heated in the oven to restore crispness and then served with butter is a delicious snack for luncheon or for hungry "kiddies." It is in a class by itself. It has everything in it that growing youngsters need and they like to chew it because of its crispness and tastiness.

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how to make tabinet—a dress fabric over and over again any consisting of a silk wrap with a worday during these past few terrible months. So does history repeat itself. Others made "beaver" hats—such as then were worn by all persons of quality—from hare and rabbit skins. The strangers were adepts, too, in what is now called "intensive cultivation," and they planted fields of cabbage, carrots, celery, and other market garden produce, and showed the natives how to manure and force forward the crops to the best advantage.

Origin: Intus, the sheets on the felts is the coucher; the fateman, or vatman, is the Flemish fassman; and the room where the finishing operations are performed is still called the salls.

MANY INDUSTRIES

Nothing seemed beneath the notice of these newcomers in our midst. They were continually springing fresh surprises on the

and copper ware, were founded and flourished apace.

settle amongst them, offering them grants of land, of bouses, and freedom from local taxation for a space of

sted yarn. This enjoyed enormous popularity up till, at all events, the middle of the reign of Queen Victoria, being cheaper than silk, and far more durable. Another French Huguenot refugee, named Briot, set up a coining press, or stamping press as it was then called, and was promptly ap-pointed chief engraver to the Royal Mint. Yet another, Henry Portal by name, started making paper in Laverstoke, in Hampshire, and made it so well that the Bank of England granted him the exclusive privilege of manufacturing that upon which its notes were printed, a monopoly which a descendant of his exercises to this day, and on the same spot. Flemish refugees also started mills for the manufacture of fine paper at Maidstone, along The Darent, and in other parts of the south of England, and for many years they had the trade in their hands. Indeed, at the present time, the trade terms use present time, the trade terms used in Kent by the workmen employed in the manufacture of what is still technically called "hand made" paper, are of French or Flemish origin. Thus, for example, the man who lays the sheets on the felts is the conchere the fateman, or vaturan, is

of the kingdom and settled there.

weaving of lustrings and brocades, ribbons and velvet.

Many were attracted to London, in and about which they formed separ-ate industrial communities. Thus,

till comparatively recently, "Dutch clocks," for which there presently

were employed upon this one indus

try. The art of printing paperhangings was introduced by Huguenot re-

ingees from Rouen, where it had been originally invented. They established at Bow the first dye works in

A workman refugee from Lyons, named Mongeorge, brought to Eondon the secret, then recently discovered there, of giving lustre to silk taffets, with the result that Spitalfields soon

became even more famous than the French town itself for the manufac-

ture of this, at the time, universally worn material. Mongeorge took up

his abode in Spital square, and planted in his garden, in order to feed his

silkworms, the first mulberry tree

A GREAT INFLUENCE

Other refugee Huguenots taught us

seen in England.

at Mortlake the refugees intro

the natives how to manure and force forward the crops to the best advan tage.

Soon Sandwich hummed like a hive, blossomed like an oasis set in the wilderness. People flocked from far and near to buy the surplus products of her new industries. Neither did there seem to be any end to her strangely awakened prosperity, for the first wave of refugee immigrants was presently followed by another, and yet others, and fresh industries, such as, for instance, the making of baize, of glass mirrors, of linsey-wolseys, of brass and copper ware, were founded and came a recognized industry in Hamp-shire, as well as in Wiltshire and Dorsetshire, and parts of Surrey and Sussex. The English truffles, it is true, were neither so large_nor so well flavored as those from their own beloved Perigord, but they were good as a substitute when the others were unoptainable, and they found a ready sale.

HOPS FOR BEER

Another surprise was sprung upon the Kentish folk at Bourne, near Canterbury, by a family of Walloon refugees from Artois. These had with them slips of a strange plant, which, they explained, were "very good for the bittering of beer." They were given a plot of land wherein to plant their slips, which, they did, thereby laying the foundation of the Kentish hop industry. Another family group The refugees responded, and spread themselves over the land; and wherever they went, and abode, more new industries were founded, and prosperity followed in their wake. At Romney, and Deal, and Hythe, at with the town.



Kicked off the Blankets Kant Katch Kold

WHEN mother leaves her infant asleep in the crib she feels easy in her mind if the house is heated by the Safford hot water system. She knows if baby should happen to kick off the blankets that the exposure to the warm Safford-air will do him no harm.

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are the right kind of protection for the children. By means of the special choke damper (an exclusive Safford feature) and the thermometer on top of the boiler the Safford heating system can be regulated to produce an even temperature of seventy degrees (or whatever temperature required), no matter how zero the weather or how strong the wind.

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If all the hot air furnaces and ordinary boilers in use in this locality were replaced by Safford heating systems the coal dealers would indeed feel blue. There would be such a falling off in the consumption of coal. As soon as a man puts a Safford system in his home the coal dealer notices it, for his customer buys at least one-third less coal.

Show that you, too, are interested in the subject of coal economy and adequate protection for your children by writing for our "Home Heating" booklet. Others have found this book intensely interesting. So will you.

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