



MOST PERFECT MADE
THE INCREASED NUTRITIVE VALUE OF BREAD MADE IN THE HOME WITH ROYAL TEAT CAKES SHOULD BE SUFFICIENT INCENTIVE TO THE CAREFUL HOUSEWIFE TO GIVE THIS IMPORTANT FOOD ITEM THE ATTENTION TO WHICH IT IS JUSTLY ENTITLED.
HOME BREAD BAKING REDUCES THE HIGH COST OF LIVING BY LESSENING THE AMOUNT OF EXPENSIVE MEATS REQUIRED TO SUPPLY THE NECESSARY NUTRIMENT TO THE BODY.
E. W. GILLET CO. LTD.
TORONTO, ONT.
WINNIPEG MONTREAL

Rowing.



Rowing is a form of muscular exercise which rewards some of its devotees with handsome gold medals and others with pink callouses. It is very much in use at parks and summer resorts, and on a hot day can be told from any other kind of manual labour.
There are various kinds of rowing, the most popular of which is the overnight excursion in an Indian canoe on an inland sea bounded on the north by the ice cream parlor, on the east by the roller coaster, on the south by the bow-legged bathing suit and on the west by fifty-seven varieties of pastoral spooning. This is a cheap and enjoyable form of navigation, by means of which a pretty girl with the love light beaming from a recent shirtwaist, can be propelled from the casino to the bowery dance and back again by a radiant vision in a pompadour and duck pants who is not nothing but a few buoyant blisters.

The common people do most of their rowing in a deadly weapon known as the rowboat, which slays its thousands every year by turning over on its back and depositing its contents in several feet of water. The average rowboat has no keel, safety valve or ruse of direction, and can change its course faster than a civil service employee can change his politics. The rowboat is the author of a graceful form of delicate entitled "catching a crab," by which an earnest sculler can miss the boat with alacrity and tip over backward and insert both shoulderblades in the fried chicken and deviled eggs.

Given the right kind of company, rowing becomes one of the most hair-raising diversions outside of lighting the kitchen range with gasoline. Nothing is more exciting than to sit in a knock-kneed attitude in the stern of a rowboat and attempt to change places with somebody who insists upon climbing out on the oarlocks and balancing himself on one foot. Then we have always with us the peak-headed humorist who is not deterred by the high death rate or the sage advice of the corner's jury, and who rocks the boat with his mouth wide open and his mental processes of a general and protracted strike.

Marine Notes.

The S. S. Stephano reached Halifax at 10 a.m. yesterday after a run of 42 hours from this port.
The S. S. Floriole leaves Halifax this afternoon for here.
The barq. Gaspe left Pernaun for this port Saturday.
The schr. Annie E. Larder left Burgo yesterday for Pernaun, taking 2544 qts. codfish, shipped by R. Hamilton & Co.
The S. S. Mariana left Botwood for London, taking 6,000 tons of pulp and paper shipped by the A.N.D. Co.
The s.s. Horwanna is due at Sydney to-night coming from Montreal, and will leave for here to-morrow.
The schr. Strathcona is loading herring at Sandy Point for Halifax.
KEEP MINARD'S LIME IN THE HOUSE.

Tempting Food for the August Invalid.

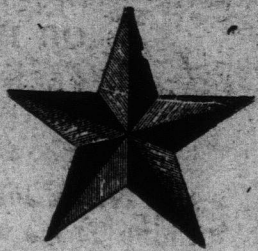
Mulled Buttermilk.
Put one pint of fresh buttermilk into a double boiler and stir constantly until ready to boil, then add the well-beaten yolk of one egg and remove from the fire at once.
Rice Water.
Boil one-half cup of rice in one quart of water until well done, strain through a clean cheese-cloth, and serve very cold. A little salt is necessary for flavor.
Toast Water.
Toast very brown a slice of bread, break into pieces and pour over it one cup of boiling water. When cool strain, and serve very cold.
Barley Water.
Boil slowly one-half pound of pearl barley in one quart of water for a half hour, strain and add one quart of water, one tablespoon of chopped raisins, two figs cut in small pieces, then cook one hour. Strain, sweeten to taste and flavor with fruit juice, lemon or orange juice preferred.
Pineapple Water.
One large, ripe pineapple, one pint of boiling syrup, juice of one lemon. Peel the pineapple and cut it into small bits, then crush. Pour on the hot syrup and lemon juice, mix and cover tightly. Allow to stand for two hours. Strain and add one quart of cold water, chill and serve. The syrup is made by boiling one cup of sugar with one pint of water.
Watermelon Cocktail.
Cut ripe, juicy watermelon into small dice, sprinkle with sugar and add a little lemon or orange juice. Serve in a tall glass, very cold.
Mutton Chops.
If meat is allowed in the diet, a tender and well broiled mutton or lamb chop is very appetizing and nourishing. Remove all the skin and fat. Season with butter and serve very hot with a slice or two of ripe seasoned tomato.
Beef Tea.
Chop fine two pounds of lean beef, and put into a glass fruit jar. Screw on the cover and put the jar into a kettle of cold water. Boil three hours. Pour off the juice and serve hot or cold.
Lemonade—for one Glass.
Mix the juice of half a lemon and two or three teaspoons of sugar together until the sugar is dissolved. Fill the glass with cold water. When there is no ice at hand, the glass should be made very cold by holding it under running water.

Smallpox Scare in Australia.
London, August 22.—The Sydney N.S.W. correspondent of the Daily Mail, says that owing to the presence of smallpox in that city several members of the British Parliamentary party have refused to call at the Australian metropolis. Many of them notably Will Crooks, have refused to submit to vaccination, and in the absence of this they would have been detained indefinitely in New South Wales.
The Federal ministers are greatly perturbed by the outbreak. It is stated authoritatively that Sydney traders are losing £120,000 daily in consequence of the scare, which has become so acute as to prevent visitors from coming to the city from the outlying districts and from other States. Further, goods from Sydney are refused elsewhere for fear that the disease will be communicated by this means.

Pail Mail Gazette Letter a Swindle.
Berlin, Aug. 22.—The Vorwarts, the organ of the German Social-Democratic party, characterizes as "A plain audacious swindle," the letter which appeared in the London Pail Mail Gazette, Thursday, and which purported to have been written just before his death at Zurich, last week by August Bebel, the German Socialist leader. The non-Socialist newspapers, even including Monarchist organs, also express the belief that the letter was a forgery.
The letter said in part that the German Emperor had seen during the Balkan war, that his army had completely gone to pieces, that the officers were incapable of commanding and the material absolutely impossible, that if France had wished to attack Germany, she probably would have been successful, for Germany was not strong enough at the frontier. It added that the Emperor knew that the military element from Germany that helped the Turks was to blame for the defeat of the Turks.

SCHOONERS HOME.—The schrs. Torry and Carrie S. arrived at Lewisporte from the Treaty Shore yesterday with 60 and 100 quintals of fish, respectively.

Rossley



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Two Shows—7.30 and 9.15.

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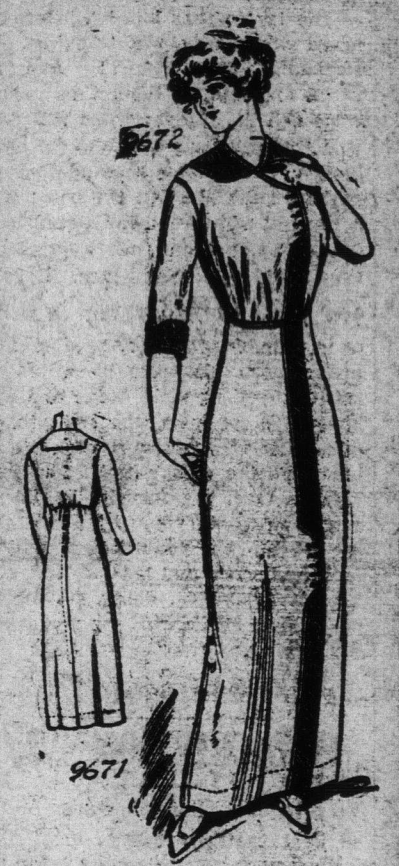
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Evening Telegram Fashion Plates.

The Home Dressmaker should keep a Catalogue Scrap Book of our Fashion Plates. These will be found very useful to refer to from time to time.

9672-9671.—A NEAT AND BECOMING HOME OR AFTERNOON DRESS.



Ladies' Dress with or without Chemise, with Long or Shorter Sleeves, and with Raised or Normal Waistline.

White linen, with blue raitine for trimming and buttons and loops for decoration is here shown. The design is unique in its shaping and will lend itself equally well for development in gingham, chambray, flanne, pongee, serge, voile, or silk. The Chemise may be omitted. The skirt has a slightly raised waistline, but may be finished at normal waistline if preferred. Ladies' Waist Pattern, 9672, and Ladies' Skirt Pattern, 9671, supply the models. The waist is cut in 5 sizes: 34, 36, 38, 40 and 42 inches bust measure. The Skirt in 5 sizes: 22, 24, 26, 28 and 30 inches waist measure. It requires 6 3/8 yards of 44 inch material for a 38 inch size. This illustration calls for TWO separate patterns which will be mailed to any address on receipt of 10c. FOR EACH pattern in silver or stamps.

9664-9665.—A MOST ATTRACTIVE GOWN FOR HOME OR CALLING.



Ladies' Waist Pattern, 9664, and Ladies' Skirt Pattern, 9665, combine to make this pretty effect. The left side of waist and skirt are draped beneath deep hemmed portions. The sleeve may be in "bell" shape or in wrist length. The Waist Pattern is cut in 5 sizes: 34, 36, 38, 40 and 42 inches bust measure. The Skirt in 5 sizes: 22, 24, 26, 28, and 30 inches waist measure. It requires 6 yards of 44 inch material for a Medium size. This illustration calls for TWO separate patterns which will be mailed to any address on receipt of 10c. FOR EACH pattern in silver or stamps.

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