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Makes Home Baking Easy

ROYAL



BAKING POWDER

Absolutely Pure The only baking powder made from Royal Grape Cream of Tartar

A Thousand Years Ago.

Dinners Served in the Banquet Hall of Our Anglo-Saxon Ancestors.

Many of the favorite dishes of today have descended from the middle ages. Macaroons have been served as dessert since the days of Chaucer.

During the latter part of the middle ages the most conspicuous object on the table was the salt cellar. This was generally of silver, in the form of a ship.

A thousand years ago, when dinner was ready to be served in the banquet hall of one of our Anglo-Saxon forefathers, the first thing brought in was the table.

The food of the early Anglo-Saxon was mainly bread, baked in round flat cakes. Milk, butter and cheese were also eaten.

Each guest was furnished with a spoon, while his knife he always carried in his belt. As for forks, who dreamed of them, when Nature had given man 10 fingers?

Hardships attending work brought on Kidney Disease which threatened his life. — Dodd's Kidney Pills cured him.

Chicoutimi Ville, Chicoutimi Co. Que., March 8. (Special) — The trials of those men who push the great railroads through the obstacles Nature thrusts in their way have been proclaimed in many a page of fiction.

Flat little pump bows of Irish lace, against tiny wings of pleated hemstitched linen are among the small bits of neckwear, and small bows of black velvet or black satin still head sabots.

Distinctly new and fetching among the fascinating fabrics for children's frocks are the hand-embroidered cottons, marquisettes that have an eyelid design. These have a white crown with the embroidery done in all the usual colors.

Tailored coats continue to be cut on loose, straight lines, and are of length best fitted to the figure; generally they end just below the hips, or ally they end just below the hips, or half-length. A pleasing variety is seen in the length of the small sleeves and the shape of collars and revers.

Many blouses match the suit in color and braid. Crocheted buttons and the touch of black satin are the end of the touch of trimming. They favored forms of crepe de chine are generally made of crepe de chine

The Evening Chit-Chat

By RUTH CAMERON

I have a story in three chapters to tell you to-day.



Eleanor and Katherine, her two cousins, were chums from primary school days.

A thorough grammar school and high school they had walked to a school together and had done their lessons, to-day at Eleanor's home, to-morrow

at Katherine's. Two chums of the opposite sex had obligingly become enmeshed in the twain and had "beamed" them to most of the high school parties in cozy foursomes.

Then Eleanor went to college and Katherine stayed at home, but if any one thought that would break up the friendship he was much mistaken.

The two girls corresponded as regularly as plighted lovers all through the school year, and the first day of vacation found them linked arm in arm, and thus they remained all summer.

Then Eleanor graduated and came home to live, and the following June Katherine and Eleanor crowned the Damon and Pythias act by announcing their engagements on the same day.

The fiancés, although not the two high school swains, were obliging enough to be very good friends, so the foursome continued through the engagement.

Katherine was married in September, Eleanor, in November. Katherine and her husband boarded the first few months until Eleanor had returned from her honeymoon. Then, as neither of the grooms was over-loaded with the world's goods, no one was much startled when the word went round that the four were going to housekeeping together in a much nicer house than either couple could have afforded alone.

CHAPTER II. I'm not going to write this chapter.

CHAPTER III. Eleanor and Katherine now live at opposite ends of the town and are barely "speech-friends."

Do you think that any two families, however congenial, can live together and have as much peace and harmony in the home as if each had an impenetrable castle of its own? I don't.

The families may be closely linked by relationship—they may consist of father and mother and married daughter's family—or of two married sisters, or of a son and wife and his father and mother, and they may be the most congenial and affectionate people in the world, but the moment you put two heads of a house you set a trouble germ to work.

There may never be any open friction, but I don't believe there will ever be the complete happiness and home satisfaction and harmony around that hearth that there is about the hearth where the housemates are all members of one family.

I don't even believe it is a good policy for two related or very intimate families to live in two apartments in the same house.

Now that may sound overstated, but it is the testimony of many, many people whose wisdom is not of theory, but of experience.

Perhaps you think all this is overstated—you who are contemplating some similar move—doubtless you think YOU can get along with people whom you love. All this may be true as a rule, you say, but YOUR case is different, YOU and YOUR friends are peculiarly congenial!

Maybe so, maybe so—but, please remember, my friends—"that's what they all say."

You see, I don't really know much about it. So I'm just going to leave you to infer it, as I do, from what I know is apt to happen when any two families, however congenial, attempt to live together.

CHAPTER III. The third chapter is simply that Eleanor and Katherine now live at opposite ends of the town and are barely "speech-friends."

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Ruth Cameron

Aids Nature

The great success of Dr. Pierce's Golden Medical Discovery in curing weak stomachs, weak bodies, weak lungs, and obstinate and lingering coughs, is based on the recognition of the fundamental truth that "Golden Medical Discovery" supplies Nature with body-building, tissue-repairing, muscle-making materials, in condensed and concentrated form.

If your dealer offers something "just as good," it is probably better FOR HIM—it may be better. But you are thinking of the cure not the result, so there's nothing "just as good" for you. Say so.

Dr. Pierce's Common Sense Medical Adviser, in Plain English, or Medical Simplified, 1008 pages, over 700 illustrations, newly revised up-to-date Edition, paper-bound, sent for 31 one-cent stamps, to cover cost of mailing only. Cloth-bound, 50 stamps. Address Dr. R. V. Pierce, Buffalo, N. Y.

Fads and Fashions.

Among the useful fabrics that find first place in women's favor are the hemstitched and soft cashmeres that lend themselves to either a simple or an ornate style.

Many blouses are showing designs in beads or in a beaded effect, secured by French knots. These latter are very new and are worked in silk or heavy cotton and in contrasting colors.

Skirts of new tailored costumes continue straight and close. Later it is probable that wide silk bands will assume greater importance as an adornment on skirts as well as on coats.

Flat little pump bows of Irish lace, against tiny wings of pleated hemstitched linen are among the small bits of neckwear, and small bows of black velvet or black satin still head sabots.

Distinctly new and fetching among the fascinating fabrics for children's frocks are the hand-embroidered cottons, marquisettes that have an eyelid design. These have a white crown with the embroidery done in all the usual colors.

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Evening Telegram Fashion Plates.

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

8876—A Dainty Frock for the Little Girl.



For lawn or dimity, with lace or embroidery for decoration, this design will be found very effective. It is also suitable for cashmere, poplin, challis, silk or wash fabrics. The pointed yoke portions may be finished in round or square neck outline, or with a collar. The fullness of the skirt is arranged in box plaits on the front and back. The pattern is cut in 5 sizes: 1, 2, 3, 4, 5 years. It requires 2 1/2 yards of 36 inch material for the 3 year size.

A pattern of this illustration mailed to any address on receipt of 10c. in silver or stamps.

Suitable materials for any of these patterns can be procured from AYRE & SONS, Ltd. Samples on request. Mention pattern number. Mail orders promptly attended to.

8880—LADIES CORSET COVER.



A well shaped corset cover of simple construction is here illustrated. They shield shaped sleeves trimmed with lace are an attractive feature but they may be omitted. The pattern provides for either tucks or gathers in the front, and a tape inserted in a casing at the waistline adjusts the fullness about the skirt. The materials used for these garments are linen, batiste, lawn, dimity and China silk. The pattern is cut in 6 sizes: 32, 34, 36, 38, 40, 42 inches bust measure. It requires 1-3/4 yards of 36 inch material for the Medium size.

A pattern of this illustration mailed to any address on receipt of 10c. in silver or stamps.

PATTERN COUPON. Please send the above-mentioned pattern as per directions given below.

No. Name Address in full:

Minard's Liniment Co. Limited, Gentlemen, — Theodore Dorais, a customer of mine, was completely cured of rheumatism after five years of suffering by the judicious use of MINARD'S LINIMENT.

The above facts can be verified by writing to him, to the Parish Priest or any of his neighbors.

A COTE, Merchant, St. Isidore, Que., 12 May, '98.

S. U. F.

On Tuesday evening, in the British Hall, the Rev. J. Thackeray delivered the annual lecture in aid of the Widows' and Orphans' Fund of St. John's Lodge, Society of United Fishermen, to the members and friends of that Society and representatives of the different societies of the city who were present. The Rev. gentleman took for his subject: "Practical Lives" which he classified under three heads, viz., "self reverence," "self knowledge," and "self control" as the three pillars which support the edifice of a wise and well ordered practical life.

He showed how the poor and lowly as well as the rich and mighty could all make their lives better by practicing the three things mentioned, viz., "self reverence," "self knowledge" and "self control."

We were all imbued with a sense of doing right and of knowing right from wrong, therefore we should all be true, and brave and noble. He gave illustrations of the bravery of the common soldier and sailor as well as the great general and the great admiral; there is not a noble act done throughout the world by high or low but it is held up for admiration and praise, whilst any signal instance of cowardice or selfishness is held up to ridicule and contempt.

In speaking of great and good writers he states that all the higher works of poetry, fiction and biography have a good tendency and are read by an ever-increasing number of readers; for all, especially the young, there is no help to self-improvement so great as to read good books in a generous spirit, and nothing which dwarfs the mind so much as to debase it reading frivolous matter and by the moral drain drinking of sensational rubbish until it loses the natural and healthy appetite for the pure and elevated. Perhaps the best test of "self reverence" in an individual or a nation is to be found in the tone and manner in which women are treated: a low tone invariably bespeaks a low nature and testifies to the coarseness and snobbishness however high may be the rank and polished the outward varnish of the person who indulges in it; on the other hand the roughest miner, fisherman or backwoodsman is already more than half a gentleman if his attitude towards women is one of chivalrous courtesy. At every moment of our lives natural instinct tells us to do one thing while reason and conscience tell us to do another, it is by an effort we do that which is right; it is by an effort we refrain from indulgences and forego pleasures, control our passions and restrain our tempers.

The uneducated man is violent, selfish, childish, it is only by the liberated or acquired practice of self-control that he is formed into the civilized man, courteous, considerate, "trustable and reliable. The Rev. lecturer gave many more instances of our we should govern ourselves so as to make our lives successful, and be world better for we having lived in it.

The lecture was a rare treat and the audience listened with great attention. At the close of his address he paid a tribute of respect to the Rev. Canon Dunfield who was a member of St. John's Lodge, and a townsman of a devotee.

A vote of thanks was moved by Bro. J. A. Chiff, P. M., and seconded by Bro. V. H. Goodland, P. M., and was carried by acclamation. Hymn, "O Worship the King" was sung at the beginning of the meeting, and "O God our help in ages past" at the close.

A collection was taken up in aid of the Widows and Orphans' Fund and amounted to a creditable sum. The National Anthem brought this, the third annual lecture of St. John's Lodge, to a successful close.

Sealers Notice.

All men who intend leaving for the sealfishery should take with them one or more bottles of "Stafford's Liniment," the Queen of Liniments (at 14 cents a bottle).

You will be surprised with its marvellous results. When rubbed to the wrists, and arms, ankles and legs, it will not only enable you to travel on the ice faster, yes, faster even than the seals themselves, but it will remove the tired muscular fatigue of the limbs, the result of excessive walking and hauling. Once you have applied it to your wrists and ankles you will never again think of proceeding to the fishery without a good supply. It is worth its weight in gold. It should always be in every household as it is also one of the best preparations for the following diseases: — Zarahche, Headache, Toothache, Faceache, Neuralgia, Wounds and all Skin Diseases, as Itch, Acne, Ringworm, Barber's Itch, Bozema, Hay Fever, Burns, Scalds, Excessive Sweating on body or feet, Diphtheria, Croup, Catarrh, Stomach, Throat, Laryngitis, Foursiveness, Quinsy, Mumps, Bronchitis, Pleurisy, Pneumonia, Asthma, Whooping Cough, Colic, Cramps, Wind, Diarrhoea, Flatulency, Piles, Rheumatism, Lumbago, Sciatica, Strains, Bruises, Sprains, Corns, Warts, Tender Feet, Chilblains, Bolls, Bites of Animals, Stings, Swells, Chapped Skin, Worms, Poisoned Wounds, Carbuncle, Swollen Members. This Liniment can be used internally as well as Externally. Prepared only by DR. F. STAFFORD & Son, St. John's, Nfld.

Mr. W. J. Spurrell, purchasing agent for the Central Forest Lumber Co., Ltd., arrived in town by yesterday's express on business.

Asthma Catarrh WHOOPING COUGH CROUP BRONCHITIS COUGHS COLDS Vapo-Resolene

Rev. Mr. Sidey Dead.

His many friends in this city will regret to learn that Rev. J. C. Sidey died at Lac la Hogue, Clinton, B. C. He had been incumbent of the Methodist Church there for several months. His sphere of labour covered a large territory. He had gone to Lac la Hogue to attend the funeral of a young man who had died there of an unknown disease. There was no doctor in the settlement and the pastor went there to try to identify the disease and find out if there were several months. There Rev. Mr. Sidey was taken ill and gradually growing worse died on Feb. 10th. By his own wish he was buried at Clinton. The news of his death was received by Rev. Mr. Fenwick to whom a letter was written by Rev. Dr. White, Supt. of Missions for British Columbia, and who is stationed at Ashcroft. The deceased was stationed at the mission of Lower Island Cove, Nfld., last year, and was given leave of absence for a year.

An English Chemist Has Discovered How to Grow Hair.

McMURDO & CO. HAVE IT. In England the ladies have entirely abandoned wearing rats which is due entirely to this new discovery. It has been proven that Henna leaves contain the ingredients that will positively grow hair. That they contain this long-looked-for article is proven every day.

The Americans are now placing on the market a preparation containing the extract from Henna leaves, which is having a phenomenal sale. This preparation is called SALVIA, and is being sold with a guarantee to cure Dandruff and to grow hair in abundance. Being daintily perfumed SALVIA makes a most pleasant hair-dressing. McMURDO & Co., your druggist, is the first to import this preparation into St. John's and a large, generous bottle can be purchased for 50c. All Drug Stores Sell SALVIA.

Bruce Here and Gone.

The S. S. Bruce arrived here shortly after 4 p.m. yesterday. She landed a large mail and 18 saloon passengers including the Windsor Hockey Team. The ship had a good run down. She left again at 7.30 p.m., taking 40 passengers to Louisburg including those who went out by the express on Sunday night last, and had to return yesterday.

McMurdo's Store News

THURSDAY, March 9, '11. This raw March weather is apt to be very hard on the chest and throat particularly in the case of those who take cold quickly. It is a trite saying that "Prevention is better than cure," but it is none the less quite true. A box of Pine Tree Lozenges is a boon to such, and one of these placed in the mouth occasionally will go far to prevent colds, hoarseness, and throat troubles generally. Price 25c. a box.

The March winds, too, have an unpleasant effect upon the skin, making it sore and sprayed. To prevent or cure the effects of harsh winds, there is simply nothing to equal Cream of Lilies, a tried and proven remedy. Not sticky, nor greasy. Price 25c. a bottle. At both our stores.

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Personal.

Mr. W. J. Spurrell, purchasing agent for the Central Forest Lumber Co., Ltd., arrived in town by yesterday's express on business.

Minard's Liniment Cures Colds, Etc.

Station Books.

Prayer Books, etc.

Prayer Books, small and large type, in different sizes and bindings, 3c, 5c, 7c, 10c, 15c, 25c to \$3.50 each. Manual of Prayers, by Cardinal Gibbons, size 4 x 5 1/2 inches, 722 pages, in various bindings, from \$1.00 up.

The Bijou Prayer Book, the smallest printed, size 1 1/2 x 2 inches, 30c. to 80c. each. Station Books, 4c., 15c. and 30c. each.

Vain Fears, that keep you from frequent communion with our Lord, paper 15 cents. How to Live Piously, a little book of simple instructions and prayers, cloth 30 cents.

The Elevation of the Soul to God, 20c. each. Lives in paper covers at 7c. each. Lives of the Saints, Devotions of the Sacred Heart, instructions on the Holy Eucharist, Hell Opened to Christians, Preparation for Death, Practical Meditations and Reflections for every day in the month, instructions and Devotions for Confession and Communion.

The Imitation of Christ with reflections and prayers, 15c. and \$1.25 each. Little Treasury of the Sacred Heart, 40c., 60c. and \$1.75. Leaflets, 27c., 50c., 75c. vol. St. Basil's Hymnal, containing over 200 Hymns with music, cloth 75c. Holy Week Books, 17c., 30c. and 65c. each.

The Sincere Christian instructed in the faith of Christ, Right Rev. Dr. Hay, cloth 90c. Cardinal Wiseman's Sermons, cloth \$1.50. The Life and Miracles of St. Benedict, cloth 75c.

Prayer Books, dark and colored, 3c., 5c., 7c., 10c. to \$3.75 pair. Scapulars, from 5c. pair. Little Statues, Crucifixes and Religious Pictures—framed and unframed.

GARRETT BYRNE, Bookseller and Stationer.

THIS IS THE FLOUR FOR YOU MADAM! ROBIN HOOD FLOUR

If You Can Afford to use the BEST buy Robin Hood Flour

"The Flour that is different." If you do you will find that the cost of ROBIN HOOD is smallest after all.

The bigger loaf is one difference. Easier assimilations of the bread is another difference. The sweeter flavor is a third difference.

There are other points of difference. Any one of them worth the extra cost. THE Saskatchewan Flour Mills Co., Ltd. Moose Jaw - Sask.

ROBIN HOOD FLOUR IS DIFFERENT

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Ex. "Albermarl." Choice Table Butter, Beef, Lamb, Mutton, Poultry.

JAS. E. KNIGHT, 311 Water Street.

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