# It is packed to please

is used in millions of teapots daily. Send us a postal for a free sample. Please state the price you now pay and whether Black, Green or Mixed Address Salada, Toronto.

B722

## The Rosary of Mr. Nimrod Briggs



## Womans Interests

Relation of Food to Good Looks. | first secret is to beat the white of or

eighty of these are water, which is a part of every body fibre. The process of life causes a daily loss of some of this; in the breath, in perspiration, through the kidneys and the bowels a trace of the comes the revelation of the large amount of water passes off. This water must be constantly replaced, if the individual is to be kept healthy and attractive.

Tea and coffee are used by many.

By WILLIAM DUDLEY PELLEY.

persons instead of water. In the digestive trace they pass through a process of separation from the flavors, the caffeine, the tannic acid, the cream and the sugar, before the water is ready for use, consequently neither of these beverages can take the place of a mazer labely breakfast.

The rolly know which o' the two of us is the sickest, bim or me," he said, what the place of mature's beverage, which is ready for use and can be absorbed as soon as taken.

Nor can tea and coffee be taken in the quantity in which water is essential. Six to eight glasses of water every day is none too much for the every day is none too much for the every day is none too much for the country of the said, she had come. It was easy to see of these beverages can take the place of nature's beverage, which is ready for use and can be absorbed as soon as taken.

Nor can tea and coffee be taken in the quantity in which water is essential. Six to eight glasses of water every day is none too much for the dark unknown, Braving its fears alone, A woman's soul goes down. Now at the place of the every day is none too much for the every day is none too much persons instead of water. In the di-

Relation of Food to Good Looks.

Human nature longs for things that are remote and expensixe. Supplies produced daily on the farm, or which are found in abuntance at our doors, rarely receive the esteem which they doserve. Surely it is thus we may account for the general tendency to avoid the use of that most wonderful beverage, water.

If you weigh one hundred pounds, eighty of these are water, which is a part of every body fibre. The process low it there will be a tiny, glossy out.

More Noted Degree of the special property of the control of the co

## Annual Meeting of the Royal Bank

Reports Show Bank in Strong Position — Total Assets \$594,670,013 — Profits for Twelve Months \$4,253,649.24.

The statement presented to the shareholders of the Royal Bank of Canada, at the Annual Meeting, held at the Head Office of the Bank of Montreal, on Thursday, January 13th, was a most satisfactory one, as the variety of the animal forward, Mr. Windhorn warily edged round, so as to get to close on November 30th last was one of substantial growth and the most successful in the history of this institution.

Balance. November 29, 1919

Profits for the year, after deducting Charges of Management and all other Expenses, Accromed Interest on Deposits, full Provision for all Ead and Doubtful Debts and Rebate of Interest on Unmatured Bills

Appropriated as follows:
Dividends Nos. 136, 131, 132 and 133 at 12 per cent.
Bonus of 2 per cent. to Shareholders
Transferred to Officers' Pension Fund
Written off Bank Prentises Account
War Tax on Bank Note Circulation
Transferred to Reserve Fund
Balance of Profit and Loss carried forward

- \$5,350,067.98 The assets of the bank-have been, as usual, carefully revalued, in order to e ample provision for all bad or doubtful debts.

The assets of the bank-have been, as usual, carefully revalued, in order to make ample provision for all bad or doubtful debts.

The total Assets of the Royal Bank are now \$594,670,013.43, an increase over last year of \$61,022,928.58. The total deposits are \$455.017.387.02, the growth being \$61,463,229.74. While a shrinkage is shown in free deposits, accounted for by the fact that on November 30th, 1919, there on hand large special deposits in connection with subscriptions to the Victory Loan, there is shown a substantial increase in interest-bearing deposits, which is a particularly satisfactory feature.

An increase of not less than \$52,951,830.00 in current loans is the result of the policy of affording legitimate Assets to clients of the Bank during a period of great trade expansion. The percentage of current loans, and total assets, now stands at 48.16. The liquid position of the Bank is well maintained, the liquid assets being \$0.50% of Liabilities, and the actual cash and deposits in banks being over 30% of the total Liabilities.

The Capital of the Bank has been increased during the year by the issue of thirty-four thousand shares to shareholders. The reserve fund now equals, the capital and a very satisfactory increase in earnings has been made, the net profits being \$4.253,649.24, equal to 23.70% upon capital or 12.1% of combined capital and reserve. The usual dividend and an additional bonus of 2% has been paid to shareholders and a balance of \$546,928.20 carried forward in profit and loss account.

During the year seven new branches were opened in Alberta, seven in British Columbia, five in Manitoba, two in New Brunswick, nine in Nova Scotia, twenty-seven in Ontario, three in Prince Edward Island, nine in British Columbia, five in Manitoba, two in Newfoundland, twenty-two in the West Indies, two in South America.

of the part of the

### A Fight With a Baboon.

Several years ago a naturalist named Windhorn was taking a large male sphinx baboon to England on a steamship from Capetown. The ship had been out about a week, says Mr. John G. Rowe in the Wide World Magazine, when the baboon broke loose. The

thought he was near chough he sprang forward and tried to cast his net over the animal's head. The net, however, did not envelop the baboon's muzzle, and with a quick ferk the animal threw it off, but not before Mr. Windborn had seized the baboon by the

hair on the back of his neck.

With a furious snarl, the creature twisted his head to shake him off. He fell across the brute's back and tried to seize him by the throat, but the ant-mal savagely fastened his teeth in one-of his legs. Nerved by the agony of the bite, the naturalist grabbed the baboon by the muzzle and by sheer strength forced open his jaws and

The control of the raw is the control of the specific points of the control of the specific points of the control of the control of the specific points of the control of t